



Sri Lanka Medical Association

Annual Report 2021

Year 2021 Theme

*"Professional Excellence towards
Holistic Health Care"*

22nd December 2021

FOREWORD

It was most definitely an abiding pleasure and indeed a singular privilege to hold office as the 127th President of the Sri Lanka Medical Association, the premier Professional Organization of the Medical Profession in Sri Lanka, and also to be able to guide the medical profession during an unprecedented time in which the Pandemic of COVID-19 hit Sri Lankan population with a vengeance. I am grateful to all Past Presidents of the SLMA for placing their trust on me to guide the SLMA in 2021, a gesture of unmitigated confidence that is very deeply appreciated.

Since the diagnosis of the very first case of COVID-19 on 27th January 2020, Sri Lanka has gone through three waves of COVID infection from 27.01.2020 to 03.10.2020, 04.10.2020 to 14.04.2021 and 15.04.2021 to date. The main portion of the 2nd wave and the complete third wave of COVID -19 infection occurred in 2021. The number of cases and deaths that occurred were 92,341 and 591 and 445,336 and 13139 respectively, until 31.10.2021 during the 2nd and 3rd waves respectively. Among the many measures taken to control the outbreak, the Government of Sri Lanka declared countrywide lockdowns twice for longer periods to control the third wave. As such, undoubtedly the highest impact of the COVID-19 outbreak was felt by Sri Lankans in 2021 during which the President, the Council and the members of the Sri Lanka Medical Association (SLMA) of 2021 played a proactive leading role in mitigating the outbreak.

As the President of the SLMA, the very first activity of the Council was to establish the SLMA Expert Committee on COVID-19. The Expert Committee consisted of all leading Medical Professionals from specialties related to managing the outbreak. All members of the expert committee excelled in their specialties and the recommendations made by the committee to the Government following deliberations were scientific, rational, and focused, to avert the disastrous consequences of COVID-19 infection on the people of Sri Lanka. In the process of influencing the Government's decision, SLMA had 3 meetings and 14 letters to His Excellency and his Secretary with copies to all high-ranking officials and many other meetings and letters to the Minister of Health, State Ministers, Secretary to the Ministry of Health, Director General of Health Services and the Head of the National Operation Centre for COVID-19 Infection. The SLMA guided the profession by consolidating the support of the Government Medical Officers Association, Association of Medical Specialists and the SLMA Inter Collegiate Committee. When it was essential to declare a lockdown to avert a disastrous situation such as a complete collapse of the health care system and to control the numbers of cases and deaths of COVID-19, SLMA led all professional organizations in unison to pressurize His Excellency to declare an Island-wide lockdown.



Keeping the profession and community up to date was equally important. SLMA conducted 15 Webinars on COVID-19 related topics in 2021 and 16 media releases and more than 20 media seminars for public education. As deaths were predominantly among older adults, SLMA consistently appeared for the rights of the older people to get prioritised in the vaccination programme. SLMA was instrumental in getting the retired medical professionals vaccinated with priority, as in addition to being old they carried a higher risk of contracting COVID-19 by being in the front-line in the private sector.

Among many other special activities related to mitigating the impact of the pandemic of COVID-19, conducted by the SLMA, preparing a position paper on "Burial of the bodies of the dead due to COVID", Priority List for vaccination, presenting an "Exit strategy" for the first lockdown of the third wave and submitting "Recommendations for third / booster dose with Pfizer vaccine" were undertaken.

The SLMA established the COVID SAHANA, the welfare fund, with the objective of helping the COVID Care Centres and the hospitals in the Ministry of Health, supporting healthcare professionals affected by COVID-19, and the children of COVID affected families. SLMA is ever so grateful to all philanthropists who came forward as individuals or as part of creative enterprises available locally and internationally to support the fund. The fund will continue for a

further period providing support for the needy children of COVID-19 affected families.

The SLMA Doc Call 247 was another excellent programme that provided a help line for public to discuss with a volunteer doctor, during this COVID-19 outbreak. By this time, Doc Call 247 has answered more than 60,000 calls and relieved the suffering of many patients and their close associates. Availability of the services of Suwa Seriya Ambulance Service facilitated the transfer of patients selected for hospital admission by the Doc Call 247 and the MoU signed between SLMA and Suwa Seriya further strengthened the entire initiative. On behalf of the Council of the SLMA, let me salute all volunteers who served in Doc Call 247 for the benefit of the nation.

During the year 2021, while engaging with the COVID-19 related activities, there were many other non-COVID activities that the Council had to embark on for the benefit of the profession. The 134th Anniversary International Medical Congress that was held from 21st – 24th September 2021 in the Professor N. D. W. Lionel Memorial Auditorium as a virtual conference under the theme “Professional Excellence Towards Holistic Health Care”, covering 6 Pre-Congress Workshops, and 277 research presentations. The congress had more than 1000 registrants. The highlight, the SLMA Quiz for all categories of health care professionals attracted attention of all delegates. The conference was academically resourceful and a tremendously successful endeavour.

As 2021 was a year filled with mobility restrictions declared to control COVID-19 infection, SLMA made use of information technology portals to their fullest potential for propagation of important information. While YouTube, facebook and twitter were used to their full potential as social media, all SLMA webinars were live streamed from the Professor N. D. W. Lionel Memorial Auditorium for doctors from right round the island. The facility to obtain the membership of the SLMA online was also made available for doctors. Along with the membership facilitation the opportunity for registration for the conference was also made available online. An online video sharing platform focusing medical students as student members of the SLMA, was established. An application (app) for SLMA and for the conference was another new addition in 2021 and the same facility could be used even in the future.

There were several publications made by SLMA over the year 2021. Twelve Newsletters published were academically enriched and were of very high quality. The book on “Guide to Stroke Rehabilitation” is the very first publication of the high standard on stroke rehabilitation in Sri Lanka. All other books published in this year that include “SLMA Guidelines and Information on Vaccines”, “Palliative Care Manual for Healthcare Professionals in Sri Lanka” and “Practice Guidelines in the End-of-Life” will be in much use amongst the

medical profession for many more years to come.

As it is acknowledged in general, economy in 2020 /2021 of the country was severely hit and businesses were doing very poorly, owing to the COVID-19 pandemic. The SLMA had to actively deter several attempts by the Government to promote Cinnamon Cigarettes, legalize cannabis and online sale of alcohol, all designed by the state to improve the revenue for the Government within this year. Despite all the adverse effects on the economy of the country, the Fund-raising Committee of the SLMA did a magnificent job by raising incredibly high revenue for the association in 2021. The Council was able to attend even to a comprehensive refurbishment programme by attending to the repair of all defects in the premises, tidying the place by replacing all telephone wires with fibre cables, white-washing the entire exterior of the building, replacing all old gates and parapet walls, constructing a flower trough as the front wall, paving the side and rear garden with cement blocks and beautifying the place, and by restoring the architectural expression of Wijerama House. The security of the premises was ensured by installation of an IP-Digital Surveillance Camera System.

Furthermore, the standard of work in the SLMA office was improved by replacing old computers with 5 high quality desktop computers and establishing a video conferencing facility in the Council Room. A brand-new high-quality video camera at the auditorium replaced the old one.

2021 of the Sri Lanka Medical Association was one of the most exciting and eventful year for this premier institution. The most appropriate guidance provided by the SLMA to public and the Government led our people to have confidence on the instructions provided by the Institution and made SLMA a house-hold name.

The SLMA is very deeply appreciative of the support extended by the media for the successful completion of the activities in this year. There were many challenges that had to be faced by the Council during the trying times of the pandemic, in trying to achieve the best for the profession and for the nation. Despite all this, the President along with the Council and the Members of the SLMA were instrumental in bringing success in all activities that was conducted by the Association.

I have great pleasure in wishing the SLMA all success forever.

Dr Padma S Gunaratne

President

Sri Lanka Medical Association

22nd December 2021

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1. Annual General Meeting 2020

The annual general meeting of the Sri Lanka Medical Association (SLMA) was held on 21st December at 7.00 pm in the Dr NDW Lionel Memorial Auditorium, Wijerama House, Colombo 07.

Professor Indika Karunathilake chaired the meeting. He thanked the members of the Council, Past Presidents, all SLMA members, and the staff of the SLMA office for all their support, encouragement and active contribution for the success of all events planned for year 2020 amidst the COVID-19 pandemic.

A very comprehensive report of all the activities concluded during his Presidency was shared with the members who were present at the auditorium and those joining.

The Honorary Secretary Dr Sumithra Tissera tabled the minutes of the 2019 AGM and the 2020 Annual Report.

Professor Asela Olupeliyawa, Honorary Treasurer shared the audited accounts for year 2019/2020.

Dr Padma Gunaratne, Consultant Neurologist took over the mantle of the Presidency for the year 2021 and shared her vision for SLMA for the next year.



Office Bearers 2021

President:	Dr Padma Gunaratne
President Elect	Professor Samath Dharmaratne
Immediate Past President	Professor Indika Karunathilake
Vice Presidents	Professor Sudarshani Wasalathathri
	Dr Manilka Sumanathilake
Honorary Secretary	Dr Sumithra Tissera
Honorary Assistant Secretaries	Dr Achala Balasuriya
	Dr Hasini Banneheke
	Dr Shehan Silva
	Dr Pramil Liyanage
Honorary Treasurer	Dr Asela Olupeliyawa
Honorary Assistant Treasurer	Dr Sajith Edirisinghe
Public Relations Officer	Dr Kalyani Guruge
Social Secretaries	Dr Pramilla Senanayake
	Dr Christo Fernando
Past President Representative	Dr Lakshman Ranasinghe
Co-Editors (CMJ)	Professor A. Pathmeswaran
	Professor Senaka Rajapakse

Elected Council Members

Dr Sankha Randenikumara, Dr M N G G D Pramitha, Dr D P Wickramasinghe, Dr Sashika Sandaruwani, Dr Lucian Jayasuriya, Dr B. J. C. Perera, Professor Nirmala Wijekoon, Dr Iyanthi Abeywickrama, Professor Jennifer Perera, Dr Ruvaiz Haniffa, Dr Kapila Jayaratne, Dr Kishara Gunaratne, Professor R. M. Mudiyanse, Dr J. B. Peiris, Dr Bhanuja Wijayatilleke, Dr Sunil Seneviratne Epa, Professor M. C. Weerasinghe, Dr Sarath Gamini de Silva, Dr Chandana Atapattu, Dr Surantha Perera, Dr Chathuri Suraweera, Dr S B A S M Rathnayake, Dr D. Madagedara, Professor Sampath Gunawardene, Dr U. Ramadasa, Dr Asitha K. Thannippuliarachchi, Dr Gitanjali Sathiadas, Dr Peethambaram Jeepara

Ex-officio Council Members

Professor Indika Karunathilake (Immediate Past President)

2. Council of Sri Lanka Medical Association



Seated Left - Right: Professor R W T W A M Olupeliyawa, Dr Ruvaiz Haniffa, Dr Sunil Seneviratne Epa, Deshamanya Vidya Joythi Dr J B Peiris, Dr Lucian Jayasuriya, Dr Lakshman Ranasinghe, Professor Indika Karunathilake, Dr Padma Gunaratne, Professor Samath D Dharmaratne, Dr Manika Sumanatilleke, Professor Sudharshani Wasalathanthri, Dr B J C Perera, Professor Jennifer Perera, Dr Kalyani Guruge, Dr Sumithra Tissera

Standing Left - Right: (1st row): Professor B M H A Banneheke, Dr B M A C Balasuriya, Dr Chathurie Suraweera, Professor C Nirmala Wijekoon, Dr Peethambaram Jeepara, Professor M C Weerasinghe, Professor Senaka Rajapakse, Dr M Sarath Gamini De Silva, Dr Christo Fernando, Dr Surantha Perera, Dr Bhanuja S Wijayatilaka, Dr Kapila Jayaratne, Dr Dushantha Madegedara, Dr Pramila Senanayake, Dr Iyanthi Abeyewickreme, Professor Gitanjali Sathiadas, Dr G U Ramadasa

Standing Left - Right: (2nd row): Dr S B Anuruddhika S M Rathnayake, Dr Pramitha Mahanama, Professor Sampath Gunawardena, Dr Inuka Kishara Gooneratne, Professor A Pathmeswaran, Professor R M Mudiyanse, Dr Sankha Randenikumara, Dr F H D Shehan Silva, Dr Pramil Liyanage, Dr Dakshitha P Wickramasinghe, Dr Chandana Atapattu, Dr E A Sajith T Edirisinghe, Dr Asitha Kosala Thannippuli Arachchi, Dr P K Sashika Sandaruwani

SLMA Council

Office Bearers 2021



President
Dr Padma Gunaratne



Immediate Past President
Professor Indika Karunathilake



President Elect
Professor Samath Dharmaratne



Vice President
Professor Sudarshani Wasalathathri



Vice President
Dr Manilka Sumanathilake



Honorary Secretary
Dr Sumithra Tissera



Honorary Assistant Secretary
Dr Achala Balasuriya



Honorary Assistant Secretary
Professor Hasini Banneheke



Honorary Assistant Secretary
Dr Shehan Silva



Honorary Assistant Secretary
Dr Pramila Liyanage



Honorary Treasurer
Dr Asela Olupeliyawa



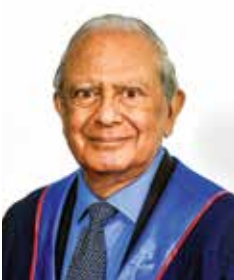
Honorary Assistant Treasurer
Dr Sajith Edirisinghe



Social Secretary
Dr Pramilla Senanayake



Social Secretary
Dr Christo Fernando



Past President Representative
Dr Lakshman Ranasinghe



Co-Editor (CMJ)
Professor A. Pathmeswaran



Co-Editor (CMJ)
Professor Senaka Rajapakse



Public Relations Officer
Dr Kalyani Guruge

Council Members 2021



Dr Sankha
Randenikumara



Dr M N G G D
Pramitha



Dr D P
Wickramasinghe



Dr Sashika
Sandaruwani



Dr Lucian
Jayasuriya



Dr B. J. C.
Perera



Professor Nirmala
Wijekoon



Dr Iyanthi
Abeywickrama



Professor Jennifer
Perera



Dr Ruvaiz
Haniffa



Dr Kapila
Jayaratne



Dr Kishara Gunaratne



Professor
R. M. Mudiyanse



Dr J. B. Peiris



Dr Bhanuja
Wijayatilleke



Dr Sunil
Seneviratne Epa



Professor M. C.
Weerasinghe



Dr Sarath Gamini
de Silva



Dr Chandana
Atapattu



Dr Surantha
Perera

Council Members 2021



Dr Chathuri
Suraweera



Dr S BA S M
Rathnayake



Dr D. Madagedara



Professor Sampath
Gunawardene



Dr U. Ramadasa



Dr Asitha K.
Thannipuliarachchi



Dr Gitanjali Sathiadas



Dr Peethambaram
Jeepara

3. Beginning of Dr Padma Gunaratne Presidency

A religious function was held at 'Wijerama House' to invoke blessings on Dr & Mrs. EM Wijerama and all Past Presidents who are no more, by the President and Council 2020/21, staff at SLMA office and other colleges/ associations located at SLMA premises on 30th December 2020 at SLMA premises.

The events unfolded with pirith chanting and almsgiving (heel dane) to Buddhist priests from Ashokaramaya Temple, Thimbirigasyaya. This was followed by religious rituals performed by Rev. Fr. Crispin Leo from St. Peter's College, Moulavi Abdul Sathar from Maligawatte Islamic Centre and S Sandhana Krishna Aiyar from Wellawatte.

To mark the beginning of the year 2021 and initiating the new concept of developing "Urban Forests" Sri Lanka Medical Association planted 5 native/endemic plants at Vihara Maha Devi Park. The trees included Mee (මී - ජාතියේ පොහොර ගස), Neem Tree (කොහොඹ), Indian Beech (මදුල් කරඳ), Hora tree (හොර) and Daly River Satinash (බටදොඹ) at the Vihara Mahadevi Park on 1st January 2021.

Inaugural Council Meeting for 2021 was held on 1st January 2021 at the SLMA auditorium. The meeting was presided by Dr Padma Gunaratne - President SLMA.

The proceeding commenced with the traditional New Year reception held at 3.30 pm, followed by lighting the lamp of learning and unveiling the portrait of Professor Indika Karunathilake, Past President 2020, by the new president.



4. Induction of the President

Induction of Dr Padma Sriyani Gunaratne, Senior Consultant Neurologist as the Sri Lanka Medical Association (SLMA) President for year 2021 was held at the Oak Room, BMICH, Colombo on 23rd January 2021. She was inducted as the 128th President of SLMA.

Due to the COVID-19 situation in the country a limited number of participants including council members, Past Presidents, Officials from the MoH, officials from WHO, UNFPA, World Bank, Presidents from Professional Colleges, family members of the President and distinguished invitees attended the occasion at the BMICH and some of the invitees participating online.

She thanked all the Past Presidents and the SLMA membership for electing her as the President and she emphasized that she will continue to uphold and build on the good work done.

Her Presidential Address was on 'A drop: Out of the Ocean of Medical Rehabilitation' which covered education on rehabilitation, rehabilitation of stroke victims, rehabilitation of psychoactive substance users and services for Rehabilitation'.

"Professional Excellence towards Holistic Health Care" was introduced as the theme for the year 2021, and she stressed the point that team work is the key to providing quality and comprehensive care to a patient.

A musical interlude and a reception followed the induction.

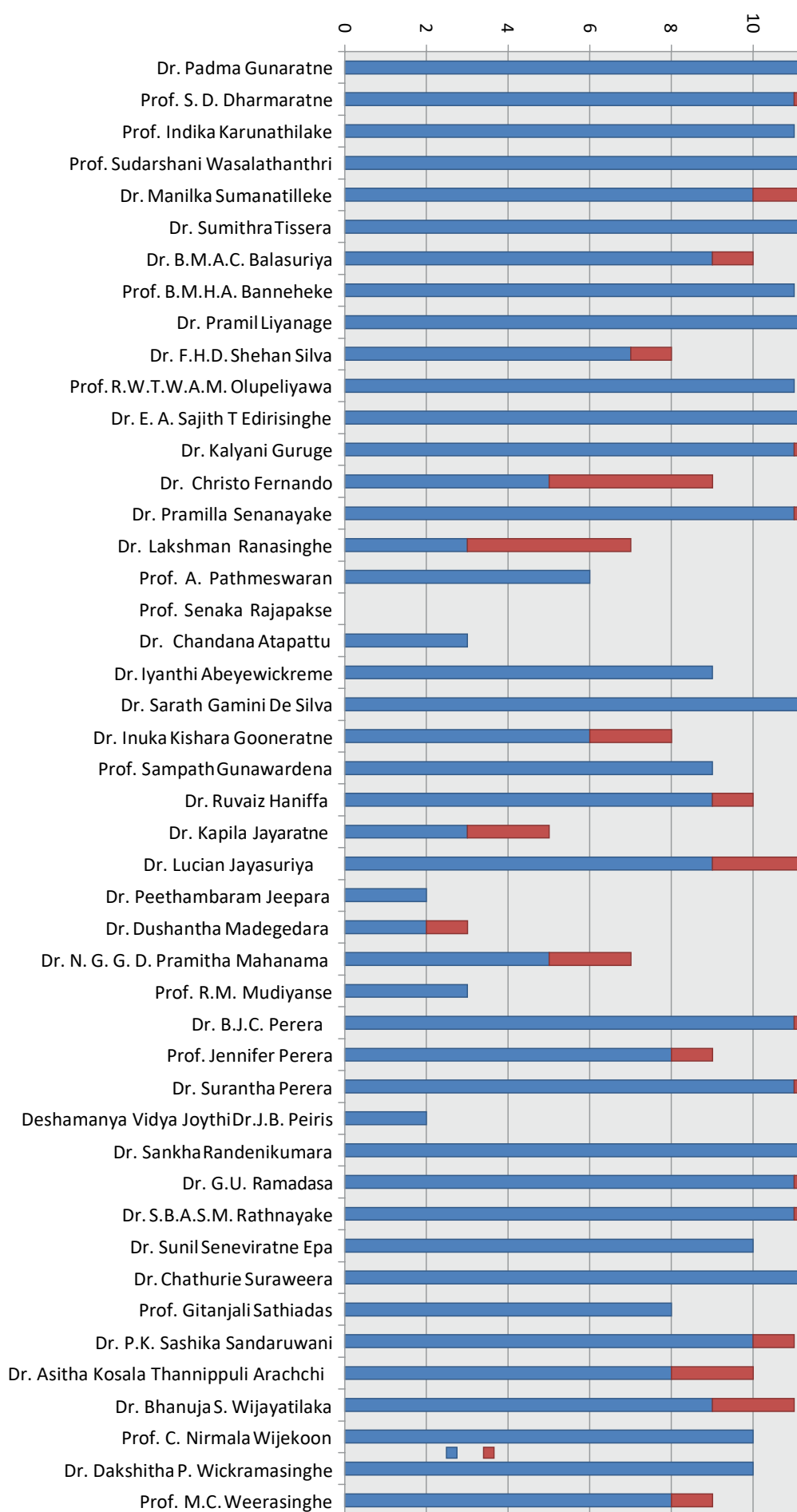


Professor Indika Karunathilake inducting Dr Padma Gunaratne as President SLMA 2021



5. Council Meetings

Attendance Excuses



6. COVID-19 related work

The very first case of COVID-19 in Sri Lanka was diagnosed on 27th January 2020. Since then, Sri Lanka has gone through three waves of COVID-19 infection from 27.01.2020 to 03.10.2020, 04.10.2020 to 14.04.2021 and 15.04.2021 to date. As it is well depicted in the epidemiological curve for COVID-19 infection in Sri Lanka, the main portion of the 2nd wave and the complete third wave of COVID-19 infection occurred in 2021. The number of cases and deaths that occurred in the three waves respectively were 3396 and 13 in the 1st wave, 92341 and 591 in the 2nd wave and 445,336 and 13139 until 31.10.2021 during the 3rd wave. Among the many measures taken to control the outbreak, the Government of Sri Lanka declared countrywide lockdown twice for long periods to control the third wave. As such, undoubtedly the highest impact of the COVID-19 outbreak was felt by Sri Lankans in 2021 during which the President and the Council of the Sri Lanka Medical Association (SLMA) of 2021 played a proactive leading role in mitigating the outbreak.

Establishing SLMA Expert Committee on COVID-19

Initially, SLMA 2021 gathered all medical experts in fields related to COVID-19 infection as well as its control and formed the SLMA Expert Committee on COVID-19 to develop SLMA's opinion to control the outbreak. The committee met regularly and evaluated the topics of relevance thoroughly, and made decisions parallel to the Government initiated COVID Task Force and regularly advocated to people and the Government of Sri Lanka. The frequency of meetings was determined by the extent of the outbreak and the urgency of the need. Members of the Intercollegiate Committee, representing all professional colleges were included in the SLMA Expert Committee on COVID-19. The decisions were communicated to H. E. President of the Democratic Socialist Republic of Sri Lanka, Secretary to H. E. the President, Honourable Minister of Health, Honourable state Ministers and all higher officials of the Ministry of Health and the Head of the National Operation centre for Prevention of the COVID-19 Outbreak. When necessary, the letters and special press releases were released to the media. Frequent media seminars were conducted to communicate salient points of relevance to ordinary public. The SLMA mobilized all its members with expertise in relevant fields when making decisions important for people and the country. Following members were included in the SLMA Expert Committee on COVID-19. Dr Padma Gunaratne, Professor Samath Dharmaratne, Professor Jennifer Perera, Dr Achala Balasuriya, Dr Shehan Silva, Professor Senaka Rajapakse, Dr Sarath Gamini De Silva, Dr B. J. C. Perera, Professor M. C. Weerasinghe, Dr Kalyani Guruge, Dr Sunil Seneviratne Epa, Dr Anuruddhika Ratnayake, Dr Lucian Jayasuriya and Dr Manilka Sumanatillaka represented the Council of the SLMA. Dr Ananda Wijewickrama, Dr Nihal

Abeyasinghe, Dr Jude Jayamaha, Dr Shehan Williams, Dr Chandima Jeewandara, Dr Harsha Sathishchandra, Dr Hasitha Tissera, Dr Harendra Cooray, Dr Geethal Perera, Professor Neelika Malavige, Dr Rajiva de Silva, Dr Kanthi Nanayakkara, Dr Samitha Ginige, Professor Kamini Mendis, Professor Malik Peiris, Dr Upul Dissanayaka, Dr Sameera Gunawardena, Dr Ruwan Ferdinando, Professor Athula Kaluarachchi and Dr Dhanushka Dassanayaka were invited experts. The committee had a good representation of the Intercollegiate Committee. SLMA is indebted to our Expert Committee on COVID-19 for the guidance it provided to mitigate the unprecedented outbreak of COVID -19. The president and the Council wish to specially acknowledge the services of Emeritus Professor Kamini Mendis, Professor Srilal Malik Peiris, Chair of Virology at the School of Public Health, the University of Hong Kong, for their contribution for the decision-making process of meetings.

In addition, there were regular media briefing for public education and webinars for education of healthcare professionals. The SLMA was represented in the Technical Committee of the Ministry of Health and the President of the SLMA attended and contributed to the Technical Committee regularly.

"COVID Sahana" was established as the welfare arm of the Sri Lanka Medical Association, which collected funds from well-wishers and supported the COVID-19 centres with equipment. Doc Call 247 initiated by the SLMA provided a help-line call system to support COVID-19 affected families by providing them with medical advice. Doctors from Sri Lanka and abroad volunteered to provide the necessary advice for patients.

Details of activities conducted is given on next page.



CORRESPONDENCES

To His Excellency the President

As the SLMA was extremely alert on matters related to management of COVID-19 outbreak, we have sent 14 letters in 2021 to H. E. the President of the Democratic Socialist Republic of Sri Lanka with copies to Secretary to H.E. the President, Honourable Minister of Health, Honourable state Ministers and all higher officials of the Ministry of Health and the Head of the National Operation Centre for Prevention of COVID-19 Outbreak over 2021 on matters related to COVID-19. Many of the letters were sent in collaboration with the Sri Lanka Medical Association Intercollegiate Committee.

● COVID-19 Death Management - 31.12.2020

By the end of 2020, whether burial of COVID-19 dead bodies would contaminate ground water and affect health of general public was a fiercely debated issue among ordinary people as well as scientists in Sri Lanka. A decision was made by the Director General of Health Services of the Ministry of Health to cremate all dead bodies of COVID-19 positive patients. Since then, there was significant unrest among some communities regarding the government's decision to impose compulsory cremation as the only avenue of disposal of COVID-19 deaths. This had the potential to cause much civil dissent. As a result, it was also found that people were generally reluctant to cooperate with the COVID control measures implemented by the Government.

In view of all these considerations, the SLMA decided to review the situation as a matter of urgency, taking into account some new scientific knowledge available regarding the COVID-19 disease. It was noted that good health means physical, mental, social, and spiritual wellbeing. The significant adverse impact experienced by close family members and loved ones of COVID deaths along with the disposal of bodies were also considered.

SLMA had a meeting of the medical experts in all relevant fields on 31st December 2020. After extensive deliberations, relying on currently available scientific information, the Council of the Sri Lanka Medical Association made the decision that burial of COVID-19 dead bodies could be permitted in Sri Lanka. The decision of the SLMA was communicated to the Government of Sri Lanka. (Annexure 1) The media publicity given to the scientific basis of the position paper threw light and cleared doubts of many decision makers as well as ordinary public who had been misled by the widely spread myths on this issue.

● Position paper on priority for Vaccination - 31.12.2020

The SLMA Expert Committee on COVID-19 developed a position paper on Vaccination for COVID-19 in Sri Lanka (Annexure 2). The paper highlighted the need to order vaccines early and also provided guidance for the priority of vaccination. The list prepared by the SLMA prioritized Healthcare professionals and Elders as the highest priority group for vaccination. The President and the Council are most grateful for the contribution made by Professors Neelika Malavige and Manuj Weerasinghe for the development of this position paper.

● Imminent Threat of Third Wave of COVID-19 – 22.04.2021

By this letter dated 22nd April 2021, the SLMA along with the Intercollegiate Committee of all Medical professional organisations brought to the attention of the government, the imminent threat of a third wave of COVID-19 outbreak over the next three weeks or so and stressed the essential need to take all possible precautions to mitigate the outbreak. The SLMA highlighted the burden of caseload and that the facilities were stretched beyond the capacity available in hospitals. Possibility of the presence of a new variant with possible rapid transmission was also communicated. SLMA strongly warned that a third wave of COVID-19 infection was unavoidable unless stringent public health measures were reimposed for a few more weeks to months.

● Control of the third wave of COVID-19 epidemic in Sri Lanka – 03.05.2021

The Sri Lanka Medical Association, being the premier association of medical professionals in the country informed H. E. the President that there had been a very significant escalation of the number of patients and suggested measures to improve the situation. SLMA suggested to improve capacity of curative services and ICU facilities urgently. We informed the need to revise the strategy for dealing with asymptomatic COVID positive patients. Our concerns on allowing Indian nationals to enter Sri Lanka for quarantine purposes and the need for a total ban on them entering Sri Lanka was communicated. Further we informed that a full lockdown, if necessary, should not be delayed for economic or other reasons.

● Grave Concerns of the SLMA, GMA, AMS and SMIC on the Current Situation of COVID-19 Epidemic in Sri Lanka- 06.05.2021

The Sri Lanka Medical Association (SLMA) leading the Government Medical Officers Association (GMOA), the Association of Medical Specialists (AMS), together with the SLMA Intercollegiate Committee (SMIC), consisting of all establishments of medical professionals in Sri Lanka for the first time in the history collaborated together and informed in unison that all medical professionals in the country were very deeply concerned about the situation of the COVID-19 outbreak that was prevalent in Sri Lanka during that time.

As all health care resources were overwhelmed with COVID-19 cases medical professionals informed that the country might soon face a COVID disaster of unprecedented proportions where we will even have to be selective as to whom we treat and whom we are compelled to allow to succumb to the disease.

We highlighted that even the facilities for non-COVID diseases were also being curtailed and even deprived while their management was getting neglected, leading to an unavoidable increase in deaths of patients with Non-COVID diseases. We requested to implement strict restrictions of movements of people by very stringent implementation of the Extraordinary Government Gazette notification on controlling COVID-19, published in October 2020. We also requested to authorize the isolation of families at homes, along with home management of asymptomatic cases, while being carefully and assiduously monitored by health care professionals.

● A request for extending the highest level of attention towards COVID-19 containment - 19.05.2021

SLMA, leading the Government Medical Officers Association (GMOA), the SLMA Intercollegiate Committee (SMIC) and the Association of Medical Specialists (AMS) representing all Medical professionals in Sri Lanka in a historic move informed the Government of Sri Lanka that it will not be long before the hospitals are flooded with patients and completely inundated and the medical staff stretched way beyond their capacity, resulting in a serious breakdown of our health sector all over the country. SLMA informed that when the infection is spreading this extensively, there is no country that has managed to contain the infection without a strict lockdown being declared. Medical professionals reiterated that we see no option other than a strictly implemented lockdown as an effective strategy that is left to contain the infection. Therefore, we together and in unison, most respectfully demanded the government to go for two weeks (14 day) lockdown or even a curfew continuously and at a stretch of the entire country. Government declared a lockdown on 21st May and continued it over about a month.

● Mitigation of COVID-19 infection in Sri Lanka- 02.06.2021

While thanking H.E. the President for declaring the lockdown, the letter addressed three components in relation to control of the COVID-19 outbreak.

- Recommendation with regard to the continuation of the lockdown for two more weeks
- Need to review the vaccination programme
- Reporting meaningful data of COVID-19 cases

● Effectively controlling the current COVID-19 Epidemic in Sri Lanka - 11.06.2021

By this time the movement restrictions had been in place for nearly three weeks, The SLMA committee advised on matters related to COVID-19 reassessed the epidemic situation and found that the number of new cases, though still high, have remained fairly stable. Given that the country was experiencing a severe COVID-19 epidemic, the Sri Lanka Medical Association urged the Government to extend the “lockdown” further. SLMA indicated that only mobility restrictions will prevent a further worsening of the epidemic.

● Lifting of Countrywide Lockdown from 21 st June 2021 – 19.06.2021

The Government took to declaring a countrywide lockdown from 21st May 2021 onwards to curb the rapidly worsening COVID-19 epidemic. Despite the lockdown being somewhat imperfect, with some sectors of the population continuing to be mobile and working, the intervention prevented a much larger number of deaths and averted significant suffering of the people in the country. It also prevented the health system, which was running at full capacity at the time, from collapsing.

Given the state of the epidemic, we the Sri Lanka Medical Association in our letter of 11th June requested that the lockdown be extended until, at least, 28th June. We noted, however, with grave concern and disappointment that the Government had decided to lift the lockdown from 21st to 23rd and re-imposed from 23rd to 25th June 2021.

The SLMA in this letter communicated that when it is deemed appropriate to ease the lockdown, it has to be done in a carefully phased stepwise manner on a district-basis, grounded on reliable real-time data at district level, rather than in the country as a whole. The letter

informed the Government that the SLMA and the SLMA Inter-Collegiate Committee (SMIC) were in the process of developing an “exit strategy” that will be handed over to the Government of Sri Lanka during the course of a week.

● Crisis caused by escalating COVID-19 epidemic- 03.08.2021

The letter highlighted that there was a rapid escalation of the COVID-19 epidemic, particularly in the Western Province and that it had reached an extremely serious point, with all intensive care beds and COVID-wards in hospitals being fully occupied by COVID-19 patients, and there being no medical facilities available to many seriously ill COVID-19 patients.

The letter highlighted that the surge was consistent with the spread of the delta variant of the virus, which is both highly transmissible, causes a more severe morbidity and higher mortality.

As medical professionals we expressed our grave concern over this situation and requested that immediate measures be taken to prevent the epidemic escalating further. We, at the SLMA urged the Government to respond urgently to protect the people from COVID-19 illness and death, and to take immediate measures to strengthen the health system to deal with the ongoing epidemic.

● The need for urgent action to arrest the unabated escalation of the number of COVID-19 Patients – 11.08.2021

The SLMA, along with the Intercollegiate Committee reiterated that the relentless escalation of the number of COVID-19 patients in hospitals as well as in the community and the grave impact it had on the healthcare system and on the public in general, during the previous few weeks in Sri Lanka. All hospitals that provide services for the care of COVID-19 patients had exceeded their full capacity and were left with no vacant beds available for any new COVID-19 patients.

We demanded urgent action to introduce mobility restrictions amounting to a lockdown for a minimum of two weeks while maintaining essential services, to continue the programme for vaccination uninterrupted, and to allocate vaccines that produce some immunity even with a single dose to all elders and to people with comorbidities. Vaccines that provide immunity with a single dose are Pfizer, Moderna or AZ vaccines.

● Mitigation of COVID-19 Pandemic - 01.09.2021

The Sri Lanka Medical Association along with the SLMA Intercollegiate Committee (SMIC) presented to H. E. the President, a report of the SLMA Expert Committee (30.08.2021) on COVID-19 that consisted of recommendations on priorities for vaccination, the duration of the lockdown and the path to be taken when exiting from the current lockdown. The details of the document on the primary series for vaccination against COVID-19 recommended

- All persons over 60 years of age and those between 18 - 60 years of age with co-morbidities for vaccination with any of the available vaccines, as the first priority.
- The administration of a Pfizer/AstraZeneca/Moderna (Spikevax) vaccine as a 3rd dose to the following categories of persons:
- Individuals over 60 years of age who have received two doses of the Sinopharm vaccine. The 3rd dose should be administered at least 28 days after the 2nd dose.
- Individuals over 12 years of age who are immunosuppressed and had been administered two doses of any vaccine. The third dose to be given at least 28 days after the 2nd dose.
- Two doses of Sinopharm and do not fall into category (B) 2 above.
- Two doses of the Pfizer vaccine for unvaccinated children between the ages of 12 to 18 years, with co-morbidities
- Third dose / booster of AZ/Pfizer/Moderna as a homologous /heterologous booster to all people over 60 years given AZ/ Pfizer/ Moderna, 6 months after completion of the primary schedule
- One dose of mRNA (Pfizer/Moderna) or AstraZeneca vaccine to individuals who have been administered only one dose of Sputnik V,

The copies were sent to H. E. President and the Presidential Task Force on COVID-19, the decision making body on mitigating the COVID-19 pandemic and rolling out the Vaccination Programme in the country.

● An “Exit Strategy” to emerge from the current “lockdown” prepared by the Sri Lanka Medical Association- 28.09.2021

The document provided detailed recommendations for exit from the lockdown over the next 4 weeks commencing from 01 October 2021. (*Annexure 3*)

● Recommendations to prevent another wave of COVID-19 – 26.10.2021

While sincerely appreciating the decisions taken by the Government to mitigate the last wave of the COVID-19 outbreak, we warned of the imminent risk of another wave along with lifting movement restrictions of the country.

We recommended the following steps for implementation:

- Stringent enforcement of current regulations imposed by the Director General of Health Services.
- Third dose/booster of Pfizer vaccine to people over 60 years of age, patients less than 60 years with immune deficiency states and frontline Healthcare Professionals.
- To continue with restrictions on super-spreader situations and events.
- Sustain a high level of case surveillance by testing.

To Prime Minister and Minister of Finance

● On-line sale of alcohol -16.06.2021

During lockdown periods to mitigate COVID-19 epidemic SLMA insisted on the need to keep bars closed. SLMA requested by a letter signed by Dr Padma Gunaratne, President SLMA and Professor Narada Wanasuriya, Chairman, SLMA Expert Committee on Tobacco, Alcohol & Illicit Drugs, requesting Hon. Mahinda Rajapakse, Prime Minister and Finance Minister to stop the online sale of liquor that had been already authorized. A similar letter was sent to General Shavendra Silva, Head, National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO). The SLMA letter opposing the online sale was given wide publicity and as a result the decision to allow online sale of alcohol was withdrawn by the Ministry of Finance.

To Minister of Finance

- A letter was forwarded to the Minister of Finance indicating the negative effects of the sale of alcohol during quarantine curfew and moves to sell alcohol through the internet. 19.09.2021

To Honourable Minister of Health

- A critical analysis and constructive suggestions on the diagnosis and management of Symptomatic and Asymptomatic COVID-19 cases in Sri Lanka- 01.02.2021

The letter brought to the notice of the Ministry of Health the observations and recommendations of the SLMA for the control of COVID-19 infection. The components addressed in the letter were

- Issues in relation to Diagnosis & Management
- Issues in relation to mandatory PCR testing of COVID-19 deaths
- Issues related to misinterpretation of data and media reporting
- Issues related to Healthcare Professionals.

● The need to have NMRA approval for vaccines used in Sri Lanka 02.04.2021

A letter was sent to Hon. Pavithra Devi Wanniarachchi, Minister of Health on the need for adherence to approval from NMRA for use of any vaccine including COVID-19 vaccines in Sri Lanka.

● Prioritizing COVID-19 Vaccination to high-risk groups - 07.06.2021

Based on scientific evidence of the benefits of vaccination to older adults and people with comorbidities, the letter from the SLMA along with the Inter Collegiate Committee requested the Ministry to allocate vaccines to hospitals and to facilitate vaccination of people attending hospital clinics with co-morbidities.

● An “Exit Strategy” to emerge from the current “lockdown” prepared by the Sri Lanka Medical Association – 28.09.2021

The SLMA sent the Honourable Minister of Health the document prepared, “Exit Strategy” to emerge from the current “lockdown” by the SLMA Expert Committee on COVID-19, College of Community Physicians and the Inter Collegiate Committee. The document stated recommendations on strategy for exit from lockdown for 4 weeks commencing from 1st October 2021.

To the Secretary, Ministry of Health

● Request for COVISHIELD Vaccination to frontline non-state sector medical professionals - 03.02.2021

SLMA requested priority for vaccination for frontline medical professionals who are the members of the SLMA but serving in the private sector or retired from the Government sector, along with the Government recruited medical professionals. A significant number of them have served in the government sector for years before joining the private sector. Majority are active medical professionals above the age 60 years and fall into the category of frontline staff as patients have direct access to them. As such, they fulfilled two criteria to prioritize the vaccination against COVID, early.

To the Director General Health Services, Ministry of Health

● Vaccination against COVID-19 – Request to prioritize persons over 60 years with co-morbidities – 19.02.2021

Based on scientific evidence, the letter stressed the need to prioritize older adults over 60 years and people with multiple comorbidities for vaccination as stated in the original priority list. SLMA insisted that the scientific basis used in the selection of this category is incontestable. SLMA communicated the dissatisfaction of the association at the sudden change of priority list without any discussion, to persons between 30 and 60 years in more affected areas.

● Failure to Vaccinate Frontline Healthcare Personnel registered at the PHSRC – 23.02.2021

SLMA brought to the notice of the DGHS that a group of frontline healthcare workers, namely nurses and other assistants working in private sector medical centres, full time GP Practices and private laboratories, spread across the country have not received their due vaccination for COVID-19, exposing them to the increased risk of contracting the illness from their patients. The SLMA learnt that there are around 450 medical centres, 200 fulltime GP practices and 500 laboratories registered with around 10,000 health staff working in them. SLMA made a request for prioritizing vaccination on behalf of the staff in the private sector.

● Vaccination against COVID-19 with AstraZeneca Vaccine – 12.04.2021

As more information came to light regarding the adverse effects of disorders of blood clotting with AstraZeneca Vaccines, the SLMA recommended

precautions until further scientific information was available.

Suggestions proposed by SLMA were:

- To confine AstraZeneca vaccination to those people over 60 years, as well as people between 45 - 60 years with two or more comorbidities and for all chronic kidney disease (CKD) patients.
- To postpone the second dose with AstraZeneca vaccine by two more weeks for health care professionals, within which time period there could be more information available from on-going research studies in relation to adverse effects of AstraZeneca Vaccine, particularly the disorders of clotting of blood attributed to the vaccine.
- The SLMA would not recommend vaccination with vaccines from different manufacturers until more research data on this subject was available.
- To send an official communique to all relevant colleges to be vigilant on haematological adverse effects of vaccination and to develop a management protocol for thrombotic events following vaccination.

● SLMA representation in the Presidential Task Force for COVID-19 and the National Advisory Committee on communicable Diseases – 26.04.2021

By letters addressed to the DGHS, SLMA requested the Director General to propose for SLMA representation at the Presidential Task Force for COVID-19 and the National Advisory Committee for Communicable Diseases.

● Request for data of the COVID-19 epidemic – 15.06.2021

SLMA requested the approval of the DGHS to obtain data of COVID-19 outbreak from the Epidemiology Unit, Ministry of Health. Further, SLMA requested for a mandate to develop an exit plan from the lockdown in Sri Lanka. We informed that if there is a mandate to SLMA from the Ministry of Health, SLMA would be in a position to get multi-sectoral support including the Ministry of Health and to develop an exit plan.

● Exist Strategy to Lift Mobility Restrictions Implemented to Curb COVID-19 Epidemic in Sri Lanka – 22.06.2021

On behalf on the Sri Lanka Medical Association and Intercollegiate Committee, SLMA presented the "Exist Strategy for the Lockdown 2021", prepared in

collaboration with the College of Community Physicians of Sri Lanka to DGHS. (<https://slma.lk/wp-content/uploads/2021/09/The-proposed-Exit-Strategy-for-the-lockdown-of-the-COVID-19-third-wave-in-Sri-Lanka-Finalized-2.pdf>) SLMA believed that the document would be useful for all who were involved with the decision-making process for the implemented Island wide lockdown.

● Recommendations of the SLMA Expert Committee on COVID-19 – 21.07.2021

As suggested by the SLMA Expert Committee on COVID-19, two recommendations were suggested for consideration and implementation.

SLMA stated the possibility of escalation of the outbreak caused by the delta variant and the need to increase the hospital facilities for higher number of patients. In this regard, the need to establish home care for milder cases was stressed. Further, as a measure to bring down deaths, vaccination of people with comorbidities was stressed and the need to make available a vaccine that develops significant immunity with a single dose available in hospitals for vaccination of people with comorbidities was highlighted.

● Concerns of Sri Lanka Medical Intercollegiate Committee on COVID-19 Infection -27.07.2021

In a letter addressed to DG, We urged the Ministry of Health to take immediate action to reduce the number of admissions by banning gatherings; to strengthen the facilities for managing COVID-19 cases in HDUs and ICUs; to update the Protocols and Guidelines on managing COVID-19 infection; to improve the availability of doctors for COVID-19 related work by rectifying maldistribution of them and providing doctors with extra remuneration based only on services provided.

● Patient Home Isolation and Management Programme (PHIMP) – 20.08.2021

During the highest surge of COVID-19 infection, SLMA informed the DGHS that the PHIMP had some significant deficiencies and that it was not being used at full scale and to its best potential. The main reason attributed by many for the failure of the PHIMP was the lack of personnel to handle the programme.

SLMA reminded that many people in the community generally have their own doctors in the private sector who are quite often members of the Private Health Services Regulatory Council (PHSRC). If the services of qualified private sector doctors were used formally in order to implement the COVID PHIMP, that would be most convenient for patients and would invariably be a successful programme.

● SLMA's displeasure with the irrational distribution of COVID-19 vaccines-10.09.2021

SLMA was most reluctantly compelled to convey our grave disappointment at the way different vaccines have been allocated to different areas and different age groups without it being based on any scientific principle.

To National Operation Centre for Prevention of COVID-19 Outbreak

● Allowing Internet Sales of Alcohol in Sri Lanka – 16.06.2021

Addressing a letter to the Head, NOPCO, the SLMA requested the government not to provide permission for internet sale of alcohol which will make matters worse for all Sri Lankans already suffering from many hardships due to the COVID-19 pandemic.

● Pulse Oximeters to COVID-19 patients managed at home – 26.08.2021

SLMA requested General Shavendra Silva, Head, NOPCO for an appointment to donate 250 pulse oximeters worth of 1 million rupees for use in 247 Doc Call Service initiated by the SLMA.

To Members of the SLMA

● Invitation for members to volunteer as respondents to patients' calls – 12.08.2021

By a letter addressed to members, SLMA reached out to the membership requesting their assistance to volunteer as respondents to patients' calls in the Doc Call 247 initiative.

Letters - (Annexure 3)



MEETINGS

● Meeting with H. E. the President of the Democratic Socialist Republic of Sri Lanka -10.05.2021

SLMA received an invitation for a discussion with H. E. the President, Gotabaya Rajapaksa on 10.05.2021. This was during the escalation of cases in the first half of the third wave. Dr Padma Gunaratne - President, SLMA, Dr Manilka Sumanathilaka - Vice President, SLMA, Professor Jennifer Perera - Past President, SLMA, Dr Harsha Sathischandra - President, College of Internal Medicine, Professor Thamasi Makuloluwa, - Convenor, SMIC and the President, College of Anaesthesiologist, Dr Ruwan Fernando - Nominee from the College of Community Physicians, comprised the team that met the President.

After an extensive discussion, the team succeeded in convincing H.E., of the gravity of the epidemic prevailing at that time as he had not been sensitized adequately before.

Despite the hardships encountered by people, our request for very stringent implementation of the Extraordinary Government Gazette notification on controlling COVID-19, published in October 2020 with selected Lockdown Processes of certain areas, based

only on scientific evidence of the density of caseloads, and restriction of inter-district / Province movement of people was well taken by H. E. the President for early implementation.

Dr Padma Guneratna made the final comments requesting the President to consider maximum possible restriction of movements and implementation of other public health measures to prevent the impending disaster and to buy time for his vaccination and other actions to take effect. Since the meeting, there were many decisions taken by the Government to implement our suggestions. We focused mainly on the need to intensify the strategy for prevention. All members of the team were equally supportive, competent and focused in communicating the message that was intended to be conveyed. We together were able to make an immediate change that was extremely relevant to save many lives of the nation at that time. (Attachment Minutes of the meeting)

● Meeting of the COVID Task Force - 17.05.2021

Dr Padma Gunaratne attended a meeting of the COVID-19 Task Force and reaffirmed the need to have a lockdown to mitigate the COVID-19 epidemic.



● Meeting with Dr P B Jayasundara, Secretary to H. E. the President of the Democratic Socialist Republic of Sri Lanka – 02.01.2021

Dr Padma Gunaratne, President SLMA, Professor Jennifer Perera, Past President SLMA, Dr Shehan Silva, Assistant Secretary and Dr Kapila Jayaratne, Council Member of the SLMA represented the Council of the SLMA, in the team to meet the Secretary to H. E. the President.

Dr Ananda Wijewickrama, Consultant Physician, National Institute of Infectious Diseases, Professor Neelika Malavige, Professor in Immunology, University of Sri Jayewardenepura, Dr Jude Jayamaha, Consultant Virologist, Medical Research Institute, Professor Shehan Williams, Professor in Psychiatry, University of Kelaniya and Dr Sameera Gunawardene, Specialist in Forensic Medicine and Head of Department of Forensic Medicine, University of Colombo were invited experts to join the team. The Secretary of the Ministry of Health, Major General Sanjeeva Munasinghe was also in attendance.

The meeting had the agenda of the four following items on which discussions and deliberations were made.

● Vaccination against COVID-19 infection

The need of the Government to expedite the availability of COVID-19 vaccination to the people of Sri Lanka was discussed. Deliberations were made regarding the medical / epidemiological effects along with the health economic benefits of universal provision of the afore mentioned vaccine to curb the current crisis in the country with regards to health and socioeconomic aspects. A position paper titled “COVID-19 vaccines: The way forward to mitigate the COVID-19 pandemic” was presented to the President’s Secretary.

● The response of the SLMA to the Issue of COVID-19 death management in Sri Lanka

A position paper titled Response of the SLMA to the issue of COVID-19 death management in Sri Lanka was presented. The SLMA highlighted the facts that were considered on arriving at the final position of the SLMA that burial of dead bodies related to COVID-19 could be allowed.

● The need to ensure prevention of contracting COVID-19 infection to inmates of Elders’ Homes in Sri Lanka.

A Guideline titled “COVID-19 Prevention; Tips for

Inmates and Care givers of Elders Homes” which was first presented to Dr Sudharshani Fernandopulle, State Minister of Primary Health Services, Pandemics and COVID Prevention, on the 31st December 2021 was re-presented to Dr P. B. Jayasundera.

● Improvement of Stroke Care in Sri Lanka

Deliberations were made regarding the escalation of incidence of strokes and also about the socio-economic effects of the disease. Discussions were made regarding the importance of establishing stroke units initially in leading hospitals. The need to expedite the construction of National Stroke Centre Mulleriyawa and revival of the project initiated by the MoH in 2014 to establish 9 more stroke units at Teaching Hospitals Karapitiya, Kandy, Jaffna, Anuradhapura and Base Hospitals Rathnapura, Kurunegala, Ampara, Polonnaruwa and Vavuniya hospitals, were highlighted. Secretary to the President clearly indicated his commitment towards these projects.

● Meeting with Hon Namal Rajapaksa, Minister of Development Co-ordination and Monitoring - 17.06.2021

Dr Padma Gunaratne and Dr Kapila Jayarathne, Consultant Community Physician attended a meeting at the Presidential Secretariat and discussed with Hon. Namal Rajapaksha, Minister of Sports and Youth Affairs and Rural Level Monitoring of COVID-19 with regard to monitoring of the implementation of the Public Health Measures in rural Sri Lanka.

● Meeting with the State Minister of Primary Health Services, Pandemics and COVID-19 Prevention - 31.12.2021



Dr Padma Gunaratne, President, SLMA and Dr Achala Balsuriya, Council member presented Dr Sudharshini Fernandopulle, State Minister of Primary Health Services, Pandemics and COVID-19 Prevention with the document “COVID-19 Prevention – Tips for Inmates and Care givers of Elders Homes” (*Annexure 4*) on 30th December 2021.

A follow-up discussion on prevention of COVID -19 pneumonia among inmates of Elders' homes was held with Dr Sudarshini Fernandopulle, State Minister of Primary Health Services, Pandemics and COVID-19 Prevention, in the presence of representatives from SLMA, World Bank, the Ministry of Health and the National Secretariat for Elders on 06.01.2021. A training programme on Preventions of COVID -19 Pneumonia among Inmates of Elder Homes for field officers of the Department of Social Services was arranged following this meeting.

● Meeting with Secretary, Ministry of Health – 03.02.2021

Following the letter dated 01.02.2021, addressed to the Hon. Minister of Health, Major General Sanjeewa Munasingha, Secretary, Ministry of Health invited SLMA for a meeting at very short notice. Council Members Dr Kalyani Guruge and Dr Sarath Gamini with Dr Padma Gunaratne, President, SLMA attended the meeting. Secretary, MoH, updated SLMA Council Members on activities that were being carried out to mitigate the COVID-19 outbreak. During the meeting, the President SLMA handed over a letter highlighting the need to vaccinate retired doctors to the Secretary of the MoH.

● Meetings with Director General of Health Services – 03.03.2021



A group from SLMA, Dr Padma Gunaratne (President SLMA), Dr Ruvaiz Haniffa, Dr Achala Balasuriya, Dr Udayangani Ramadasa, Dr Dilhar Samaraweera, Dr Kalyani Guruge and Mr Nandana Welage, had a meeting with the DGHS. Burials of COVID-19 victims, vaccination of health staff at private medical centres/ GP Practices, SLMA representation at steering committees, Stroke management, medical rehabilitation and improving geriatric/palliative care services in Sri Lanka were subjects included in the discussion. Director General was able to provide reasonable solutions for some of the questions posed.

● Meeting with SLMA and SMIC – 14.07.2021

A team representing SLMA and SMIC attended the

meeting. Members included were Dr Padma Gunaratne – President SLMA and Chairperson SMIC, Dr Thamasi Makuloluwa, President College of Anaesthesiology and Intensivists and Convener, SMIC, Dr Harsha Sathischandra, President, College of Internal Medicine, Dr Kanthi Nanayakkara – Consultant Virologist (representing College of Microbiologist), Dr Geethal Perera – President, College of Pulmonologist, Dr Harendra Cooray, President, College of Emergency Medicine, Dr Anidu Pathirana, President, Heart Association.

Increasing numbers of COVID-19 patients treated in hospitals and the need to improve the facilities, making vaccines available at clinics in hospitals as most patients with comorbidities visit hospitals regularly, prioritizing elders in queues for vaccination, increasing the number of PCR tests for screening for COVID- 19, testing for COVID-19 infection in garment factories, shortage of medical officers, equipment needed as donations were discussed at this meeting. Director General's optimistic approach on all those issues was commendable.

● Meeting General Shavendra Silva, Head National Operation Centre for Prevention of COVID-19 Outbreak

Donation of 250 Pulse oximeters obtained through the SLMA COVID Sahana Fund was handed over to General Shavendra Silva, Head National Operation Centre for Prevention of COVID-19 Outbreak, Commander of the Sri Lanka Army and Acting Chief of Defense Staff in the presence of Dr Asela Gunawardena, DGHS, Dr Padma Gunaratne – President SLMA, Dr Manilka Sumanathilaka – Vice President SLMA, Dr Ruvaiz Haniffa – Past President, SLMA, Professor Indika Karunathilaka – Past President SLMA, Professo MC Weerasinghe – Council Member, SLMA and Dr Sajith Edirisinghe, Assistant Treasurer, SLMA

■ MEDIA SEMINARS AND PRESS RELEASES

SLMA considered support of public as essential for the control of the pandemic. As such SLMA adapted many modes of communication with the public during the outbreak. They included press releases, releasing important letters to media, media briefing, and providing voice cuts by the President, Vice President, Council members and Specialists of relevant fields. All the messages were communicated to people via printed and electronic media giving wide publicity for SLMA initiated activities. SLMA established itself as the best source of reliable information among the ordinary public.

PRESS RELEASES

01.02.2021–	Response of the SLMA to the issue of COVID-19 death management in Sri Lanka
19.02.2021–	Vaccination against COVID-19 - Request to prioritize persons over 60 years with comorbidities (Letter forwarded to editors)
22.02.2021–	New Variants of the COVID-19 infection
27.02.2021–	Tragic Death of Priyanthi Ramya Kumari, Staff Nurse, Mawanella Hospital
02.04.2021–	Use of Sinopharm Vaccine on Sri Lankan Nationals (Letter forwarded to editors)
23.04.2021–	Imminent threat of a Third Wave of COVID -19
06.05.2021–	Grave Concern of the SLMA, GMOA, AMS and SMIC on the current situation of COVID-19 Epidemic in Sri Lanka
11.05.2021–	Sri Lanka Medical Association and Intercollegiate Committee Meeting with His Excellency President Gotabaya Rajapaksa
21.05.2021–	The Sri Lanka medical Association, Government Medical Officers Association, Association of Medical Specialists and Sri Lanka Medical Intercollegiate Committee joint press release requesting for an immediate total lockdown of the country to mitigate COVID-19 epidemic
28.05.2021–	“SLMA COVID සහන”, the COVID welfare fund of the Sri Lanka Medical Association
02.06.2021–	Mitigation of COVID-19 infection in Sri Lanka
07.06.2021–	After 18 months of the epidemic and two weeks of lockdown the SLMA’s review of the situation and suggested further actions
08.07.2021–	SLMA COVID සහන Initiative distribute medical equipment worth of 6 million at the SLMA auditorium amongst COVID-19 care hospitals
20.08.2021–	A media release requesting donations to SLMA COVID Sahana from philanthropists and well-wishers to purchase and distribute pulse oximeters to COVID-19 patients for self-monitoring while being managed at home and for necessary equipment to COVID Treatment Centres.
29.09.2021–	An “Exit Strategy” to emerge from the current “lockdown” - Sri Lanka Medical Association
26.10.2021–	Recommendations to prevent another wave of COVID-19

MEDIA SEMINARS

● COVID-19 Virus: An update on vaccines for COVID-19 - 05.01.2021

COVID-19 Virus: An update on Vaccines was held at the SLMA Auditorium, organized by the SLMA Media Committee. It was conducted in Sinhala Medium with the Tamil translations of the proceedings carried out by Professor Ariyaranee Gnanadhasan. The resource persons were Dr Chandima Jeewandara, Senior





Lecturer, Faculty of Medical Sciences, University of Sri Jayawardenapura and Dr Deepa Gamage, Consultant Epidemiologist, Epidemiology Unit, Ministry of Health. The session was chaired by Dr Padma Gunaratne, President SLMA and compered by Dr Pamitha Mahanama. The media seminar was attended by media personnel representing many media institutions. Speakers highlighted the types of available vaccines, benefits and adverse effects known by that time to the media gathered. There were many media publications following the meeting.

● **Bio-bubble in the New Normal: for an Active, Safe and Productive Engagement – 02.02.2021**

A media seminar on 'Bio-bubble in the New Normal: for an Active, Safe and Productive Engagement' was held at the SLMA Auditorium, organized by the SLMA Media Committee.

It was conducted in Sinhala Medium and the Tamil translations of the proceedings were done by Professor Ariyaranee Gnanadhasan. The resource persons were Dr Hemantha Herath – DDG PHS 1, Vidya Jyothi Senior Professorr Arjuna de Silva, Faculty of Medicine, University of Kelaniya and Dr Prasad Jayasuriya, Director, Tourism, Planning and Development. The session was chaired by Dr Padma Gunaratne - President SLMA and Dr Ruvaiz Haniiffa, Chairperson, Media Committee. Media Personnel were present on site and some joined via zoom. Subsequently there were many publications in electronic and printed media on the subject that was discussed.

● **Vaccines for COVID-19: Facts and Myths – 02.03.2021**

MEDIA Seminar on "Vaccines for COVID-19: Facts and Myths" organized by the SLMA Media committee was held as a panel discussion with Dr Pramitha Mahanama, SLMA Council member, moderating the event. The panelists were; Drs. Ananda Wijewickrama (Consultant Physician, IDH), Dr Deepa Gamage (Consultant Epidemiologist, Epidemiology Unit, Colombo) and Dr Dhanushka Dassanayake (Consultant Immunologist, MRI). Apart from

the questions asked by the moderator, the onsite and online participants also actively engaged in the discussion. There were more than 35 online participants including media personnel.

● **To Prevent the possibility of 3rd wave of COVID-19 - 23.04.2021**

Dr Padma Gunaratne, President, SLMA, Dr Ananda Wijewickrama, Consultant Physician, Dr Kanthi Nanayakkara, Consultant Virologist and Dr Wijayamuni, Chief Medical Officer addressed the media

● **New variants of COVID-19 and its implications on health**

Dr Padma Gunarathne, President, SLMA, Dr Chandima Jeewandara, Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayawardanapura, and Dr Harsha Sathischandra, President, College of Internal Medicine, participated as resource personnel. The media seminar highlighted facts on available variants of COVID-19 and relevance of different variants to the spread and the control of the outbreak.

● **Media Briefing – 04.05.2021**



Dr Padma Gunaratne, President, SLMA and Dr Rajiva de Silva, Consultant Immunologist educated the public on facts related to COVID-19 infection and the need to strictly adhere to public health measures to mitigate the infection.

● Current situation of COVID-19 in Sri Lanka and the way forward

A media briefing was held at the SLMA Auditorium to discuss the current COVID-19 situation and the way forward. The resource persons at this briefing were Dr Padma Gunaratne, President, SLMA, Dr Manilka Sumanathilake, Vice President SLMA and Dr Upul Dissanayake, Consultant Physician. NHSL, Colombo.

● Public education on COVID-19 and community empowerment- 10.06.2021

A media briefing was held at the SLMA Auditorium to discuss the current COVID-19 situation and community empowerment. The resource persons at this briefing were Dr Padma Gunaratne, President, SLMA, Dr Manilka Sumanathilake, Vice President SLMA and Dr Upul Dissanayake, Consultant Physician. NHSL, Colombo.

● Media Briefings – 06.07.2021, 20.07.2021 and 03.08.2021

Media briefings were held with the participation of Dr Padma Gunaratne – President SLMA, Dr Rajiva de Silva, Consultant Virologist and Dr Manilka Sumanathilake, Vice President SLMA on the current COVID-19 situation and its effects on persons with co-morbidities and the influence of vaccination in controlling the outbreak. Several press releases were published in the print media. The President and council members appeared on many TV discussions.

● To Educate Public on Home management of COVID-19 - 10.08.2021

A media briefing was held with the participation of Dr Padma Gunaratne, President SLMA with Dr Malkanthi Galhena, Consultant Family Physician to educate the public on the Ministry of Health sponsored Integrated Home Management System for COVID-19, function via 1390 helpline.



● To educate the community on Public Health Measures. 13.08.2021

Drs Manilka Sumanathilaka, Vice President SLMA, Harsha Sathischandra, President, College of Internal Medicine attended as resource persons.

● On the need for travel restrictions and other preventive measures – 16.08.2021

Drs Padma Gunaratne, President, SLMA, LakKumar Fernando, President AMS, Harsha Sathischandra, Representative of the SLMA Inter-collegiate Committee, Dr Nihal Abeysinghe, President College of Community Physicians representing all medical professionals in Sri Lanka highlighted the grave situation and the need to go for a total lockdown of the country.

● SLMA Doc Call 247 initiative – 23.08.2021

Dr Ruvaiz Haniffa, Professor Indika Karunathilaka, Past Presidents SLMA along with Dr Padma Gunaratne, President, SLMA and Dr Manilka Sumanathilaka, Vice President, SLMA announced the availability of Doc Call 247 helpline Initiative of the SLMA for the ordinary public as a helpline. Doctors volunteered to provide medical advice on issues related to COVID-19 infection for patients in need.

● Recommendations for Priorities for Vaccination with third and booster doses – 05.09.2021

SLMA was the first to recommend the need to prioritize booster / third dose to people over 60 years. Dr Rajiva de Silva, Consultant Virologist, MRI, Colombo and Dr Padma Gunaratne, President, SLMA participated at the Media Seminar.

● Promoting vaccine to young adults and clearing myths – 14.09.2021

Dr Padma Gunaratne, President, SLMA contributed as the resource person for the seminar

● Exit Strategy and recommendations for the public – 29.09.2021

Dr Upul Dissanayake, Consultant Physician, NHSL, Colombo, Dr Padma Gunaratne, President, SLMA and Dr Manilka Sumanathilaka, Vice President, SLMA contributed as resource persons for the seminar.

● Post COVID-19 infection: Anxiety and Depression – 05.10.2021

Media Seminar on the topic - Post COVID-19 infection: Anxiety and Depression was conducted with the participation of Dr Padma Gunaratne, President, SLMA, Dr Pabasari Ginige, Consultant Psychiatrist and Senior Lecturer University of Peradeniya and Dr Sajeewana Amarasinghe, Consultant Psychiatrist, National Institute of Mental Health (NIMH). The resource personnel adequately addressed the anxiety and depression that follow COVID-19 infection and there was wide publicity given by printed and electronic media for the content of the seminar.

● Third Dose for Adults and Vaccination for Children- 01.11.2021

Media Seminar on the topic 'Third Dose for Adults and Vaccination for Children' was conducted with the participation of Dr Padma Gunaratne, President, Professor Sharman Rajindrajith, President Sri Lanka College of Paediatricians and Dr Rajiva de Silva, Consultant Immunologist, MRI, Colombo. While encouraging booster / third dose among older adults, many doubts on vaccination of children were cleared during this media briefing.

■ WEBINARS

● Bio-bubble in the New Normal: for an Active, Safe & Productive Engagement – 27.01.2021

SLMA Webinar Series 1 on 'Bio-bubble in the New Normal: for an Active, Safe & Productive Engagement' was held with the online participation of more than 100 participants. There were 3 speakers who spoke on; What is a bio-bubble? Experience from the Industrial/ Apparel Sector by Dr Inoka Suraweera, Consultant Community Physician, Director of Environment & Occupational Health; Bio-bubble concept for cricket – Experience from the LPL by Vidya Jyothi Senior Professor Arjuna de Silva, Faculty of Medicine, University of Kelaniya and Bio-bubble concept for International Tourism - Ms. Dhammika Wijesinghe, Director General, Sri Lanka Tourism Development Authority. A very interactive session with Q&A followed all three presentations.

● Ethics in COVID-19 – 17.02.2021

A symposium on "Ethics in COVID-19" was conducted by the SLMA Expert Committee on Ethics in Sri Lanka with more than 100 online participants and around 40 participating on site from both the medical fraternity



and media personnel. Dr Vinya Ariyaratne, Consultant Community Physician made a presentation on "Are we concerned about ethics in COVID-19?", followed by views presented by the following experts; Dr Amal Harsha de Silva (Secretary to the State Ministry of Primary Health Services, Pandemics and COVID-19 Prevention, Dr Razia Pendse (WHO Representative to Sri Lanka), Ms. Ritsu Naken (Country Representative, UNFPA), Dr Deepa Gamage (Consultant Epidemiologist, Epidemiology Unit, Colombo) and Professor Athula Sumathipala (Keele University, UK). Presentations were followed by a discussion. A concept note requesting the MoH to establish "National Ethics committee" signed by all the resource persons was forwarded to the DGHS, MoH.

● COVID-19 in Sri Lanka: Perspective on the State-of-Play – 24.02.2021

"COVID-19 in Sri Lanka: Perspective on the State-of-Play" was held with the online participation of more than 125 participants. Three speakers made their presentations on the following topics; MOH initiatives and Activities by Dr Hemantha Herath, Deputy Director General (Public Health Services), the Public and Community Health Outlook by Professor Samath Dharmaratne, Consultant Community Physician and President Elect SLMA (Faculty of Medicine, University of Peradeniya) and Viewpoints on the way forward by Dr Razia Pendse, WHO Representative to Sri Lanka. This was conducted as an interactive activity which included a Q&A session after each presentation.

● Quarantine policy Sri Lanka; appraisal following vaccination – 24.03.2021

SLMA Webinar on "Quarantine Policy in Sri Lanka: Appraisal Following Vaccination" was held with the online participation of more than 90 participants.

The topics for discussion were; Current Quarantine Measures in Sri Lanka by Dr Dilhani Samarasekara, Consultant Community Physician, Quarantine Unit, MoH, Health: Economic Implications of reviewing the

current quarantine policy by Dr Anuji Gamage, Consultant Community Physician and Senior Lecturer, Para Clinical Department, Faculty of Medicine, Sir John Kotelawala Defence University; Evidence for Plausible Amendments to Quarantine Policy by Professor Suranjith Seneviratne, Consultant in Clinical Immunology and Allergy, Institute of Immunology and Transplantation, Royal Free Hospital and University College London and Health Services Laboratories, London, UK. Dr Harsha Sathischandra, Consultant Physician was the moderator. An interactive session was followed by questions being asked from the panelists by the participants.

● COVID-19 Pneumonia and Pulmonary Sequelae – 20.04.2021

The Webinar on case-based discussion on COVID-19 Pneumonia and Pulmonary Sequelae was conducted in collaboration with the College of Pulmonologists in Sri Lanka. Dr Lakmini Dassanayaka, Senior Registrar Respiratory Medicine, Dr Amitha Fernando, Consultant Respiratory Physician, Central Chest Clinic, Borella and Dr Aflah Sadikeen contributed as resource personnel. The webinar was well attended by doctors of all grades.

● COVID-19; Hospital Management Essentials – 05.05.2021

A clinical meeting was held in collaboration with the College of Internal Medicine. It was held as a webinar on “COVID-19 Hospital Management Essentials”. There were three lectures on “Evidence Based Therapeutics in COVID-19 by Dr Harsha Sathischandra, Consultant Physician, NHSL, “Out-Patient & Ward Management of COVID-19, by Dr Ananda Wijewickrama, Consultant Physician, IDH and “Strategies for Oxygenation of Severe COVID-19” by Dr Afla Sadikeen, Consultant Chest Physician. There were more than 300 attendees for the Webinar. During the interactive session panelists cleared doubts on many issues related to clinical management.

● Update on COVID-19: Interactive Session for Public Health Officers 28.05.2021

SLMA Webinar on “Update on COVID-19: Interactive Session for Public Health Officers” was held with the online participation of more than 100 (doctors/ PHIs & MHMs). The resource persons for the seminar were Dr Upul Dissanayake, Consultant Physician, NHSL, Dr Dulmini Kumarasinghe, Consultant in Rabies & Vaccinology, MRI, and Dr Athula Liyanapathirana, Consultant Community Physician, Epidemiology Unit, MoH. A very interactive session followed.

● Challenges Faced by Pregnant Mothers & Children during COVID-19- 01.06.2021

The seventh media seminar on “Challenges Faced by Pregnant Mothers & Children during COVID” was organized jointly with the Sri Lanka Press Institute. The resource persons for the seminar were Dr Indika Boteju, Consultant Physician, CSHW, Dr Mayuramana Dewolage, Consultant Obstetrician & Gynecologist and Dr Channa de Silva, Consultant Paediatric Pulmonologist, LRH. There were around 150 media personnel and others who followed the webinar.

● Therapeutic Update on COVID-19 – 11.06.2021

A therapeutic update on ‘COVID-19’ was organized by the SLMA Expert Committee on Medicinal Drugs. Dr Harsha Sathischandra, Specialist in Internal Medicine, NHSL spoke on ‘Therapeutics for COVID’ and Professor Neelika Malavige, Professor at the Department of Immunology and Molecular Medicine, University of Sri Jayawardenapura on ‘Vaccines in COVID-19’. It was attended by more than 600 persons who had many questions to be clarified by the expert resource panel.

● COVID-19 Vaccines & Growing Threat of Variants of Concern - 05.07.2021

SLMA organized a webinar on ‘COVID-19 Vaccines & Growing Threat of Variants of Concern’. The resource persons were Professor Annelis Wilder Smith, Consultant to the Initiative of Vaccine Research, WHO, Geneva who spoke on ‘COVID-19 Vaccines and Variants of Concern’, Professor Ben Cowling, School of Public Health, University of Hong Kong on ‘Antibody Response to Different Vaccines’ and Dr Vinod Kumar Bura, Epidemiologist, WHO, Country Office Nepal on ‘COVID-19 Vaccine Implementation: Country Perspective’. A very interactive discussion followed the three lectures. Around 300 persons participated online.

● Cancer Care in COVID-19 Pandemic - 09.07.2021

A joint webinar was organized by the SLMA & the Sri Lanka College of Oncologists (SLCO) on ‘Cancer care in COVID-19 Pandemic’. The resource persons were Dr N Jayakumaran, President SLCO and Consultant Clinical Oncologist on ‘Challenges of Cancer Care in Sri Lanka during the COVID-19 Pandemic’, Dr Vimukthi Peiris, Consultant Clinical Oncologist on ‘COVID-19 in Cancer Patients: Lessons Learnt from the World’ and

Professor Suranjith Seneviratne, Professor of Allergy and Immunology on 'COVID-19 Vaccines for Cancer Patients'.

● Vaccination of Children against COVID-19 – 13.07.2021

SLMA in collaboration with the Sri Lanka College of Paediatricians organized a webinar on 'Vaccination of Children against COVID-19'. Dr Surantha Perera, Consultant Paediatrician spoke on 'Vaccinating Children against COVID-19 in Sri Lanka: Is it a reality', Professor Kapila Perera, Secretary to Ministry of Education on 'Safe learning environments for school children during COVID-19 Pandemic' and Dr Anne Lindstrand, Unit Head, Department of Immunization, Vaccines and Biologicals, WHO, Geneva on 'WHO perspective on vaccinating children against COVID-19'. A very interactive discussion followed the three lectures. Around 150 persons participated online.

● COVID-19: Urgent Interventions for the Crisis – 06.08.2021

SLMA organized a webinar on 'COVID-19: Urgent Interventions for the Crisis' with the participation of around 300 persons online. The resource persons for the seminar were Dr Ananda Wijewickrama, Consultant Physician, Infectious Disease Hospital, Dr Upul Dissanayaka, Consultant Physician, National Hospital of Sri Lanka and Dr Mahendra Ekanayaka, Consultant Physician, Base Hospital Homagama and District Hospital Wethara.

● The Positives & Negatives of Screen Time during a Pandemic – 07.09.2021

Mr. Sepala Kuruppuarachchi, Provincial Director of Education, Sabaragamuwa Province spoke on 'How to use online education effectively for children', Eng. Tharindu Weerasinghe, Operations Manager, Austal Technology, Perth, Australia on 'How to make screens and internet safe for children' and Dr Miyuru Chandradasa, Consultant Child & Adolescent Psychiatrist, Colombo North Teaching Hospital on 'How to manage psychological aspects of screen time in Sri Lanka' participated as resource personnel. The Webinar enlightened the medical professionals and the staff from the Ministry of Education on how to deal with children during the COVID-19 outbreak while getting the maximum yield out of the use of the Internet.

● Post COVID-19 Syndromes – 14.09.2021

SLMA organized a webinar on 'Post COVID Syndromes'.

The resource persons and topics of discussion were; Dr Amila Rathnapala, Consultant Chest Physician, National Hospital Kandy, on 'Pulmonary and other complications', Dr Gotabhaya Ranasinghe, Consultant Cardiologist, NHSL, on 'Cardiac Complications' and Dr Kishara Gunaratne, Consultant Neurologist, DGH Hambantota, on "Neurology and COVID". The webinar was well attended and clarified many doubts in the minds of clinicians providing care for COVID-19 patients.

■ OTHER ACTIVITIES

● An Exit Strategy to lift Mobility Restrictions Implemented to Curb COVID-19 in Sri Lanka - 22.06.2021

"An exit strategy to lift mobility restrictions implemented to curb COVID-19 in Sri Lanka" prepared by the SLMA & SMIC, with technical support from the Sri Lanka College of Community Physicians was handed over to Dr Asela Gunawardena – DGHS, MoH, Dr Sunil de Alwis, Additional Secretary, MoH and Dr Samitha Ginige, Chief Epidemiologist. This was also shared with H. E. President, Minister of Health, Secretary - MoH and Head, National Operations Centre for Prevention of COVID-19 Outbreak. The document emphasized the need to lift the lockdown in a phased manner and the value of stringent monitoring for re-emergence of the infection. (<https://slma.lk/wp-content/uploads/2021/09/The-proposed-Exit-Strategy-for-the-lockdown-of-the-COVID-19-third-wave-in-Sri-Lanka-Finalized-2.pdf>).

● Representation at WHO organized independent experts meeting 08.05.2021, 13.05.2021, 18.05.2021.

There were three meetings organized by the WHO office for independent experts. Dr Padma Gunaratne, President, SLMA represented SLMA and in all three occasions where a report on the existing situation and suggestions for improvement was developed and presented to the Government of Sri Lanka.

● A MoU between the Sri Lanka Medical Association & 1990 Suwaseriya Foundation was signed on 02.11.2021



SLMA initiated Doc Call 247 helpline facilitated triage of COVID-19 patients who required hospital care, via volunteer medical personnel facilitated telephone conversations. Presence of an ambulance service was essential for the effective transfer of the selected patients. The MoU that was signed between SLMA and 1990 Suwa Seriya strengthens the Doc Call 247.

During the ceremony organized to sign the MoU, Dr Padma Gunaratne, President SLMA welcomed the invitees. Drs Sunil de Alwis, Additional Secretary, Medical Services, MoH, Ruvaiz Haniffa, Chairperson, SLMA DoC Call 247, Professor Indika Karunathilake, Member SLMA DoC Call 247 Administration Team and Mr. Dumindra Ratnayake, Chairman, Suwaseriya also spoke. Dr Sajith Edirisinghe, Convener SLMA Doc Call 247 Administration Team delivered the vote of thanks.



Dr Padma Gunaratne, President SLMA, on behalf of SLMA and Mr. Sohan de Silva, on behalf of 1990 Suwaseriya Foundation signed the MoU. Drs Ruvaiz Haniffa and Surantha Perera, Vice President Elect 2021/22 Council signed as witnesses from SLMA and Dr Sunil de Alwis & Mr. Dumindra Ratnayake signed as witnesses for 1990 Suwa Seriya Foundation.

7. SLMA COVID සහන

Since its inception in 1887, SLMA has been a credible organization with an unblemished record and has regularly conducted professional development and welfare activities with technical and financial support from the Ministry of Health and UN organizations such as WHO, UNFPA, UNICEF & World Bank.



The SLMA was ever so cognizant of the fact that during the intensely trying period in 2021 during which Sri Lanka was ravaged by the COVID-19 pandemic, there were very many needs of the hour to provide a helping hand and succour to the people of our country who were suffering tremendously from innumerable problems caused by COVID-19 outbreak. We were well aware of the problems caused by near-saturation of medical facilities and beds, the travesties of those who were kept waiting before admission to hospitals and intermediate care facilities as well as significant problems faced by doctors and other health care providers in trying to provide optimal care for those suffering from COVID-19.

In such a scenario, the SLMA took the initiative to establish the fund, “SLMA COVID සහන” to try and harness the goodwill, compassion and philanthropy of the more fortunate members of our populace in canvassing as well as soliciting donations which the SLMA would be able to use for the welfare of those less fortunate and afflicted by COVID-19.

Objectives of the “SLMA COVID සහන” are as follows.

- To provide necessary support to healthcare institutions of the Ministry of Health providing clinical care to COVID-19 patients.
- To provide education to the public on prevention and management of COVID-19 infection.
- To unreservedly support the National Vaccination Programme to vaccinate 70% of the total population.
- To provide relief to healthcare workers affected and afflicted by COVID-19 infection.
- To support capacity-building of healthcare staff on prevention and treatment.
- To provide financial assistance to children of families affected by COVID-19 in the long-term.

It was decided that the fund would be governed by the President and the Council of the Sri Lanka Medical Association. All donations towards the fund would be acknowledged by the association. Along with the SLMA main accounts, the “SLMA COVID සහන” too would be audited annually by an authorized auditor. There would be a Chairperson appointed for three years to carry out relief activities of the SLMA COVID සහන.

SLMA COVID සහන was virtually launched during the height of the surge on 25.05.2021 with the participation of 50 philanthropists both from locally and internationally. They included doctors, Council Members and well-wishers from pharmaceutical companies.

By December 2021 the total collection of SLMA COVID සහන was Rs. 12,169,114.05 (The list of donors is given as an attachment) and the fund had distributed equipment worth Rs. 7,756,572.00 among 58 hospitals. The fund managers obtained the lists of the requirements from these hospitals in advance and provided those institutions with what they were short of.

The remaining amount of the fund of the SLMA COVID සහන is being used to provide scholarships for children of the families affected by COVID-19 in the long-term. The COVID සහන has already awarded two less privileged

The list of equipment donated

Non rebreathing Oxygen Mask with Reservoir bag	: 1095
Bacterial/Viral Filters	: 1260
Fingertip Pulse Oximeter	: 260
Digital Blood Pressure Apparatus	: 103
Infusion Pump	: 36
Adjustable Ventura Device	: 380
High Flow Oxygen Delivery Nasal Cannulae	: 65
Vascular Hand Doppler	: 02

children who have lost one of their parents owing to COVID-19 infection.

The President and the Council of the SLMA 2021 wish to most sincerely thank and communicate our best wishes to all donors of the SLMA COVID සහන.

8. SLMA DoC Call 247

The 247 Doc Call Service of Sri Lanka Medical Association was already in operation to provide advice for COVID-19 patients since 2020. By late June 2021, the exponential increase of the COVID-19 infected patients and the likely reduction of bed-availability led to the imminent collapse of the healthcare system. When analyzing the number and type of hospital admissions of COVID-19 cases, there were a lot of unnecessary hospital admissions. Quite a significant number of these patients could have been given home-based care with good health advice.

In 2021, the SLMA Doc Call 247 Administration Team consisted of Dr R. Hanifa (Chairperson), Dr Sajith Edirisinghe (Secretary), Professor Indika Karunathilaka, Professor Jennifer Perera, Dr Kalyani Guruge, Dr B.J.C. Perera, Dr Sarath Gamini de Silva, Dr Sankha Randanikumara and Dr Sashika Sandaruwani.

The core system to triage patients from ground level was formed by a toll-free 247 patient-generated calling service. The medical officers operating the hotline were able to get a specialist opinion on patient management whenever required through a dedicated social media platform. As the number implied, it is a twenty-four-hour seven days a week service, made available in Sinhala, Tamil, and English. All medical professionals rendered their services on a voluntary basis with no payments being received for their services. To be an effective system, the urgent admissions were sent to the nearest health care facility via the state ambulance service, Suwasariya, operating under the toll-free telephone code of 1990. The doctors conducted the triage of patients and if they

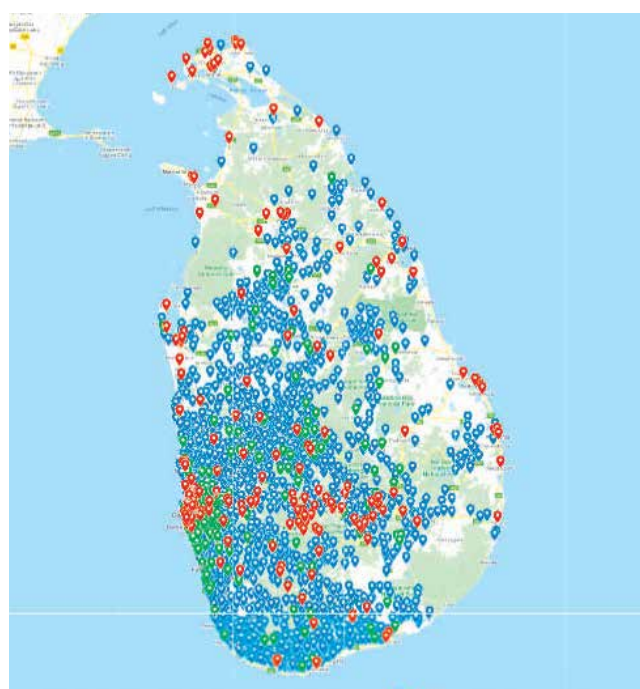


Figure: 01 - Locations of calls received by Doc Call 247 service (Blue - Sinhala medium, Red - Tamil medium, Green - English medium)

thought that the patient needed to be admitted to a hospital, the doctor could simply send a text message to 2470 with the mobile or land-line telephone number of the patient. The text was immediately taken up by the Suwasariya ambulance service and the patient was picked up within 30 minutes or less. Due to the immense service provided by the 1990 Suwasariya, as formalisation of the continuity of the service, the SLMA signed a Memorandum of Understanding (MoU) with Suwasariya on 2nd November 2021.

A) Calls to 247 hotline

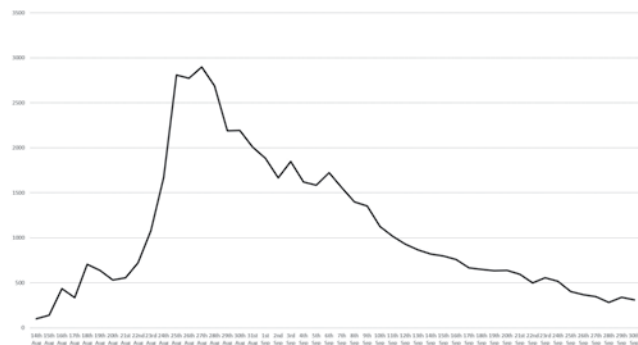


Figure 2A - Number of calls received by the 247 hotline

B) Ambulances dispatched via the helpline

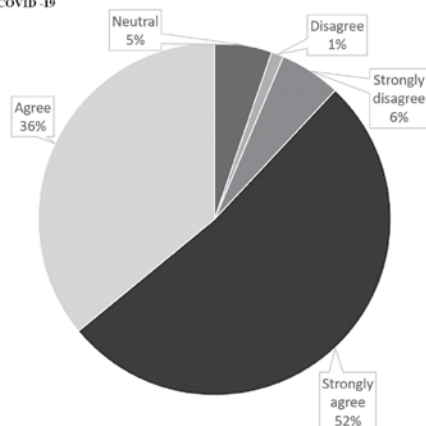


Figure 2B - Number of ambulances dispatched via the helpline

So far, up to 15th November 2021, Doc Call 247 has attended to over 60,000 patients. Out of the 60,000 calls received on 247, only around 1,300 patients needed urgent care and hospitalization. These were attended to promptly. The waiting time based on system information was 1.5 - 2 minutes for the medical team to take up a call by a caller. If the waiting time exceeded two minutes, the members of the administration committee informed additional volunteers to join the system. During the peak of the surge, there was a 70% response rate for 247 services. A list of missed calls was taken daily and numbers were called up again by a separate set of doctors who then assessed the patients.

Within two weeks of the commencement of Doc Call

A) Advice given by the 247 service was helpful for me to recover from COVID-19



B) 247 service gave me clear advice on what I should do during the illness

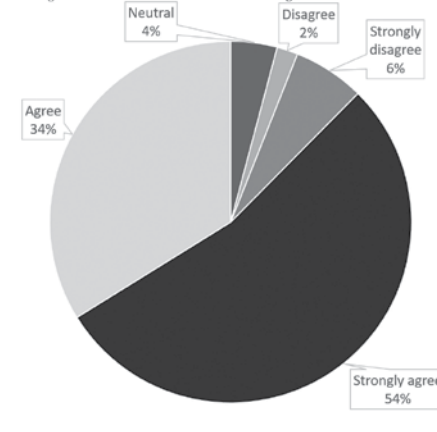


Figure 5A & B - Results of the survey carried out among patients who obtained assistance from the 247 hotline

Trends - Past Month

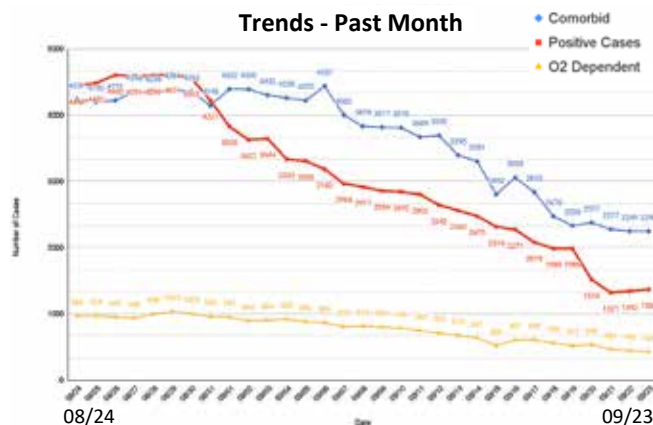


Figure 03 - The Reduction of cases and oxygen-dependent patients

Trends - Past Month

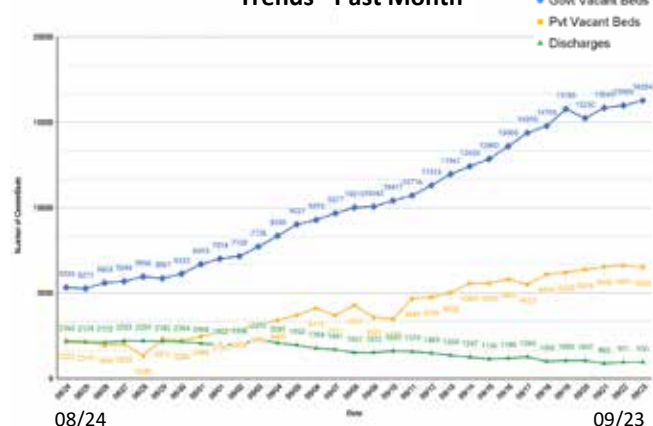


Figure 04 - The Increase in vacant beds

247 service, it was possible to increase the number of vacant beds in both the government and private sector by significantly reducing unnecessary hospital admissions. It also reduced the exposure of healthcare workers to infected individuals, which in turn ensured that medical staff in healthcare facilities had lesser encumbrances while carrying out their duties.

A survey was conducted among the patients who obtained assistance from the 247 hotline to assess their feedback about the quality of the service provided.

Figure 5 shows the responses of 267 participants to the 2 statements.

A majority (88%) agreed that the advice provided by the hotline service helped them to recover from the illness. A similar proportion was of the opinion that they received clear advice on managing themselves during the illness. The value of the 247 service is now well established and nationally recognized.

9. History of Medicine Oration 2021

The History of Medicine Lecture was upgraded to an oration after the death of Deshabandu Dr CG Uragoda on 28th March 2021.

The first oration was given by Professor Ravindra Fernando (Senior Professor of Forensic Medicine, Sir John Kotelawala Defense University and Past President SLMA) on “History of Forensic Medicine in Sri Lanka” on 26th February 2021.



10. 134th Anniversary Medical Congress

The 134th Anniversary International Medical Congress of the SLMA was held from 21-24 September 2021 and the theme this year was 'professional excellence in holistic health care'. The fully virtual congress was a great success although it was organized amidst lot of uncertainties and restrictions. The inauguration ceremony and the three orations were live streamed from the SLMA auditorium. The rest of the congress was conducted through an online platform promoting wider participation of local and international delegates. The congress was facilitated using a mobile app which enabled users to obtain all congress related information at their fingertips.

The events of the congress started with six extremely successful pre-congress workshops covering the areas of work-life balance, tobacco and other substance abuse, promoting clinical research, stroke rehabilitation and evidence-based practice in the months of June, July and August. All pre-congress workshops were free for participants.



The inauguration ceremony was held complying to all health guidelines on the 21st evening with minimum physical participation and many participants joining online. The prestigious SLMA oration titled 'Before breath becomes air: A personal Odyssey of ECMO in Sri Lanka' was delivered by Dr Tolusha Harischandra on ECMO use in Sri Lanka. The academic programme spanning for three



days consisted of two orations, one keynote speech, three plenaries and 16 symposia. Professor Priyadarshani Galappaththy delivered the S C Paul oration titled 'Acute Coronary Syndrome: revelations from the first ever national level clinical audit', findings from the first ever national level clinical audit conducted on any topic in Sri Lanka evaluating the care of patients with acute coronary syndrome. Dr Pabasara Kalansuriya delivered the N D W oration titled 'Revitalizing the drug pipeline: microbial secondary metabolites as an untapped molecular resource of new therapeutics.' Dr Rene Leon Solano, the Practice leader for human development for Maldives, Nepal and Sri Lanka of the World Bank delivered the keynote speech

on the very important topic 'Investing in Human Capital, in the pandemic and post pandemic scenarios.'

71 resource persons contributed to the Congress with 14 overseas speakers sharing their knowledge. It paved the way for researchers to present their findings through 34 oral and 243 poster presentations.

The SLMA general knowledge quiz with the participation of multidisciplinary health care workers was a new addition to the congress programme. 21 teams with 3 members each in a team competed for the coveted Multidisciplinary Team Challenge trophy.





11. Foundation Sessions

The inauguration of the SLMA Foundation sessions 2021 and the Dr.EM Wijerama Endowment Oration was held on 30th October 2021 at the Dr NDW Lionel Memorial Auditorium, Colombo 07.

Vidya Jyothi Professor Vajira HW Dissanayake, Dean Faculty of Medicine, Colombo & Past President SLMA was the orator. This was the first oration after it was changed from a lecture in 2020.

The title of the oration was 'From Wijerama House to Marlborough House – the Story of Creating Capacity for Data Driven Health Care in Sri Lanka and Beyond'. The Chief Guest at the occasion was Professor Indika Karunathilake, Immediate Past President, SLMA, He spoke on 'Beyond the Comfort Zone: Challenges and Lessons Learnt'.

Certificates and cash prizes for the best papers in oral and poster categories were also awarded during the inauguration ceremony.

The technical sessions was held on 31st October 2021 as a hybrid event, where only the resource persons were present at SLMA.

There were 4 symposia on Endocrinology, Gastroenterology, Nephrology & Women's Health. There were around 60 – 80 doctors joining online for each symposium. The first three sessions were conducted as case based discussions for the benefit of the participants and the final one discussed about issues faced by women during the COVID-19 pandemic.



12. Webinars (Non COVID related)

1. Mycotoxins & Human Health - 21st April

SLMA Webinar on “Mycotoxins & Human Health” was held with the online participation of more than 80 participants.

Presentations were made on “Mycotoxins & Health” by Emiretus Professor Upali Samarajeewa, Faculty of Agriculture, University of Peradeniya and “Existing Regulatory Mechanisms in Sri Lanka” by Dr Thilak Siriwardena, Director, Environmental & Occupational Health.

2. Cancer care in COVID-19 Pandemic - 9th July

A joint webinar was organized by the SLMA & the Sri Lanka College of Oncologists (SLCO) on ‘Cancer care in COVID-19 Pandemic’.

The webinar resource were Dr N Jayakumaran, President SLCO & Consultant Clinical Oncologist on ‘Challenges of Cancer Care in Sri Lanka during the COVID-19 Pandemic’, Dr Vimukthi Peiris, Consultant Clinical Oncologist on



‘COVID-19 in Cancer Patients: Lessons Learnt from the World’ and Professor Suranjith Seneviratne, Professor of Allergy & Immunology on ‘COVID Vaccines for Cancer Patients’.

3. Should Athletes be Tested on their Fitness? - 15th August

A joint webinar was organized by Doctors Cricket in Sri Lanka & SLMA on ‘Should Athletes be Tested on their Fitness?’. The resource person was Dr Chathuranga Ranasinghe – Senior Lecturer and Specialist in Sports & Exercise Medicine, University of Colombo.

4. Anti-microbial Resistance - 23rd November

Webinar on ‘Anti-microbial Resistance’ was conducted to raise awareness, celebrating the WHO Anti-microbial week coinciding 18th – 24th November.

Dr Kushlani Jayatillake, Consultant Microbiologist, Sri Jayawardenapura General Hospital spoke on ‘Post antibiotic era: are we heading towards?’, Professor Priyadarshani Galapaththi, Professor of Pharmacology, Faculty of Medicine, University of Colombo on ‘Adverse outcomes of irrational use of antibiotics’ and Dr Roshan Priyantha, Veterinary Research Officer, Bacteriology Division, Veterinary Research Institute.

13. Media Seminars (Non COVID related)



1. Air Pollution: Who Should be Responsible for Health of People - 23.03.2021

Media seminar on “Air Pollution: Who Should be Responsible for Health of People?” was held at the SLMA Auditorium organized by the SLMA Media Committee.

Mr. Mahinda Amaraweera – Minister of Environment

attended the media seminar as a special invitee.

The resource persons were Dr Anil Jasinghe – Secretary Ministry of Environment, Dr Sajith Edirisinghe – Lecturer & Clinical Geneticist, Faculty of Medicine, University of Sri Jayawardenapura and Dr Jagath Gunawardena – Environmental Lawyer & Activist.



2. Protect Child rights – Stop Physical Abuse - 06.04.2021

Media seminar on “Protect Child rights – Stop Physical Abuse” was conducted with the following resource persons – Emiretus Professor Harendra de Silva, Consultant Paediatrician, Professor Ashvini D Fernando, Associate Professor in Paediatrics, Faculty of Medicine, University of Kelaniya, Dr. Miyuru Chandradasa, Senior Lecturer & Consultant Child & Adolescent Psychiatrist, Faculty of Medicine, University of Kelaniya and Mrs. Badra Withanage, Director of Education, Ministry of Education.

3. Safe Roads: Save Souls - 04.05.2021

The seventh media seminar on “Safe Roads: Save Souls” was conducted coinciding with the WHO Road Safety Week which was falling from 17th – 24th May 2021.

The resource persons for the seminar were Professor Srianth Chandrasekara – President College of Surgeons Sri Lanka, Mr. Indika Hapugoda, SSP & Director Traffic & Mr. RA Sudath, Additional Director, Network Planning & Road Safety, RDA.



14. Activities for Medical Students

SLMA Saturday Talk

SSLMA Saturday Talk is a new CME activity introduced to the SLMA Academic Calendar in 2021. It comprised case-based discussions on common topics of interest covering all main specialties including Medicine, Paediatrics, Surgery, Obstetrics and Gynaecology and Psychiatry. Being an online program conducted using the zoom platform encouraged wide participation. Medical students from all the Faculties of Medicine across the country joined this program regularly. In addition to them, junior doctors, postgraduate trainees and even some senior consultants were among the enthusiastic participants.

At the beginning, the SLMA Saturday Talk was held fortnightly and soon it became a weekly event. Altogether 37 sessions were conducted in 2021. For almost all the sessions, there were more than 500 participants and for

some sessions number of participants exceeded 1000.

The recorded discussions are available at the SLMA website and are accessible to the members and the student members.

It was coordinated by Professor Nirmala Wijekoon and Dr Shehan Silva. IT support was provided by Mr. Vihanga Silva and administrative work was carried out by Ms Nirmala Alahakoon.

SLMA Saturday Talk Presentation sharing though the Vimeo®

The newly implemented SLMA Saturday Talk series mainly targeted the medical students and any student interested was given the opportunity to join the live session.

Further, as a privilege for the SLMA members, especially for the student members, it was decided to provide restricted access to the recorded sessions during the initial period and make them available publicly after a defined period.

A premium video sharing platform (Vimeo®) was procured and setup by SLMA and all the Saturday Talk recorded sessions were shared with SLMA student membership through this platform. This resulted in high enthusiasm



among medical students to join SLMA and to access and gain knowledge through these materials. This initiative was highly commended by the students.

This enthusiasm is reflected in the increased new membership number in the medical student category.

Currently, 35 videos are available in the platform with a subscription of about 250 members.

Diabetic Update for Medical Students

A webinar on 'Diabetes Update for Medical Students'

The list of resource persons and the topics of the discussions

	Date	Resource Person	Topic
1	20 February	Dr Padma Gunaratne	Stroke
2	6 March	Professor Prasad Katulanda	Diabetes mellitus
3	20 March	Professor Hemantha Senanayake	Management of Labour
4	3 April	Professor Sachith Mettananda	Anaemia in Children
5	24 April	Dr P. Jeepara	Thyroid nodules
6	8 May	Professor Saroj Jayasinghe	Hypotension
7	22 May	Dr Kapila Ranasingha	Depression
8	29 May	Professor Srinath Chandrasekera	Clinical Management of an elderly male with lower urinary tract symptoms
9	5 June	Professor Githanjali Sathiadas	Growth in children
10	12 June	Professor Rasika Herath	Antepartum haemorrhage
11	19 June	Professor Kamani Wanigasuriya	Kidney disease in adults
12	26 June	Dr Rezni Cassim	Peripheral Vascular Disease
13	03 July	Prof Angela Arulpragasam	Delayed Puberty
14	10 July	Professor KB Galketiya	Acute Upper abdominal pain
15	17 July	Professor Sarath Lekamwasam	Falls and Osteoporosis
16	24 July	Dr Dammika Silva	Endometriosis
17	31 July	Professor Raveen Hanwella	Bipolar disorder
18	07 August	Dr Arosha Dissanayake	Bilateral lower limb weakness
19	14 August	Professor S Sivaganesh	Obstructive jaundice
20	21 August	Professor Guwani Liyanage	Bronchial asthma in children
21	28 August	Professor Athula Kaluarachchi	Multiple pregnancy
22	4 September	Professor Narada Warnasuriya	Chronic diarrhoea
23	11 September	Professor Arjuna Medagama	Diabetes
24	18 September	Prof Thejana Wijeratne	Dysphagia
25	25 September	Dr Hemantha Perera	Foetal growth and pregnancy
26	2 October	Dr Saraji Wijesekara	Epilepsy in children
27	9 October	Dr Prabhodana Ranaweera	Hypertension in Pregnancy
28	16 October	Professor Panduka Karunanayake	Pyrexia of Unknown Origin
29	23 October	Professor Shehan Williams	Dementia
30	30 October	Professor Aloka Pathirana	Colorectal cancer
31	6 November	Dr Jayamal de Silva	Alcohol use Disorders
32	13 November	Dr Joel Arudselvam	A poorly healing ulcer
33	20 November	Professor Sharmila de Silva	Metabolic Syndrome
34	27 November	Dr Ruwanthi Perera	Neonatal Jaundice
35	4th December	Dr Duminda Munidasa	Polyarthritis
36	11th December	Dr Manori Gamage	Nephrotic Syndrome
37	18th December	Dr Nalinda Munasinghe	Breast cancer

was held in collaboration of SLMA, Sri Lanka College of Endocrinologists (SLCE) & Sri Lanka Diabetes Federation (SLDR) on 20th November.

The following topics were discussed;

Overview to Diabetes; Pathophysiology, types and complications by Dr Harsha Dissanayake Lecturer in Medicine, Department of Clinical Medicine, Faculty of Medicine, University of Colombo, Lifestyle interventions in management of Diabetes & treatment targets by Dr Nipun Lakshitha De Silva, Lecturer in Medicine, Faculty of Medicine, General Sir John Kotelawala Defense University,

Pharmacotherapy of diabetes - 1: options and choices of non-insulin therapies by Dr Sachith Abeyrathne, Consultant Endocrinologist and senior lecturer in Pharmacology, University of Colombo, Pharmacotherapy of diabetes – 2: insulin by Professor Prasad Katulanda, Consultant Endocrinologist and Professor in Medicine, Faculty of Clinical Medicine, University of Colombo, Hyperglycemia emergencies; Principles of management by Dr Milanka Wattagama, Lecturer, Department of Physiology, University of Moratuwa & Covid and DM- 'The new curriculum' by Dr Manilka Sumanatillake, Consultant Endocrinologist and Chairman, SLDF.

15. Clinical Meetings

SLMA monthly clinical meetings are held on Tuesdays in collaboration of different colleges at Lionel Wendt memorial auditorium. The clinical presentations are presided over by the president SLMA. Presentations are done by consultants of different specialities with the participation of postgraduate trainee with participation

of seniors registrars and registrars.. The monthly clinical meetings this year were held with a large number joining online and a few participating onsite using the zoom platform due to COVID restrictions. There were ten such clinical meetings as shown below.

Date	Name of College	Topic	Name of Speakers
19/01/2021	Sri Lanka College of Haematologists	Case 1 – Red cells in abundance Case 2 – A dearth of thrombocytes Case 3 – Killer clots in COVID – 19	Dr. Wasanthi Wickramasinghe Dr. Lalindra Gooneratne Dr. Indika Somaratne
23/02/2021	Sri Lanka College of Paediatricians	Cystic Fibrosis: No longer a disease of west	Dr. Srimali Wijesundara Dr. Channa de Silva Dr. Thlini Muthukumarana
16/03/2021	College of Anaesthesiologists & Intensivists of Sri Lanka	Perioperative care pathways: Ensuring patient safety and improved outcomes	Dr. Vihara Dassanayake Dr. Harini Jagoda Dr. Ravindi Gunaratne
20/04/2021	College of Pulmonologists of Sri Lanka	COVID pneumonia and pulmonary sequelae	Dr. Lakmini Dassanayake Dr. Amitha Fernando Dr. Aflah Sadikeen
05/05/2021	Sri Lanka College of Internal Medicine	COVID 19: Hospital management essentials	Dr. Harsha Sathischandra Dr. Ananda Wijewickrema Dr. Afla Sadikeen

20/07/2021	Sri Lanka College of Dermatologists	HIV and The Skin	Dr. Swarna Dissanayake Dr. Shashika Chandraratne Dr. Lalindra Karunaratne Dr. Chiranjaya Ekanayake
15/09/2021	College of Ophthalmologists of Sri Lanka	The eyes in children with neurometabolic & Neurocutaneous diseases	Dr. K. Niruththan Dr. Hiranya Abeysekara Dr. Tavisha Udupihille Dr. Chanika Gamage
26/10/2021	Ceylon College of Physicians	A reminder of a disease in oblivion	Dr. Chanurdi K Wickramathunga Dr. J. Philip Anpahalan Dr. F. H. D. Shehan Silva
16/11/2021	Sri Lanka College of Psychiatrists	Delirium – Review of a neuropsychiatric syndrome	Dr. A. Tashriq Fauz Dr. K. A. S. D. Nanayakkara Dr. K. P. Manisha Dalpatadu
02/12/2021	Sri Lanka College of Emergency Physicians	Piecing together the puzzle: 'Managing a critically ill patient in Emergency Department'	Dr Anusha Ambanwala Dr Manohari Liyanage Dr Madurangi Ariyasinghe
14/12/2021	Sri Lanka College of Cardiologists	Myocardial Infarction	Dr. Aruna Wijesinghe Dr. Sumith R Kumara
20/12/2021	Sri Lanka College of Radiology	Radiology Update: CT Imaging in Cardiovascular Disease	Dr Devinda Karunaratne Dr Buddhi Abeywickrama



16. Regional Meetings

All regional meetings of the SLMA were held as virtual sessions. The first meeting was held in collaboration with the Chilaw Clinical Society on 19th February 2021. This was done with contributions made by Drs. Kesara Ratnatunga, Shehan Silva, Padma Gunaratne, Chandrika Subasinghe, Arjuna Ellepola, Rizny Sakaaff and K Vickneswaran.

The second regional meeting was held with the Badulla Clinical Society on 28th July 2021. Drs. Anuradha Wijewardene, Buddhika Dassanayake and Rasanga Gunawardene, Dilruk Senadheera, Shehan Silva and Chathurie Suraweera were the resource persons.

The final meeting was held in joint partnership of the Faculty of Medical Sciences, University of Sri



Jayewardene. It is noteworthy that four out of the six speakers were council members of the SLMA who were also academics in the university. Contributions were made by Professors Nirmala Wijekoon and Hasini Banneheke and Drs. Shehan Silva, Sajith Edirisinghe, Kanchana Wijesinghe and Shyamini Adhikaram.

17. SLMA Awards

BEST PAPERS

● E M Wijerama Award for the best paper

FREQUENCY OF EX VIVO IFN γ ELISPOT RESPONSES TO A SINGLE DOSE OF CHADOX1- NCOV-19 IN THE SRI LANKAN POPULATION

Pushpakumara PD¹, Jeewandara C¹, Jayathilaka D¹, Guruge D², Kamaladasa A¹, Abeyrathna S¹, Danasekara S¹, Dayarathne S¹, Thilagaraj P¹, Wijesinghe A¹, Ranasinghe T¹, Wijayamuni R², Samaraweera S³, Dong T³, Ogg G³, Malavige GN¹

¹AICBU, Department of Immunology and Molecular Medicine, University of Sri Jayewardenepura, Nugegoda, Sri Lanka

²Colombo Municipality Council, Colombo, Sri Lanka

³Epidemiology Unit, Ministry of Health, Sri Lanka

⁴MRC Human Immunology Unit, MRC Weatherall Institute of Molecular Medicine, University of Oxford, Oxford, United Kingdom

● S E Seneviratna Award for the best paper (Runners up)

LONELINESS AND ITS RELATIONSHIP WITH SOCIAL INTERACTION AND BEHAVIOUR AMONG ELDERLY IN HIKKADUWA MUNICIPAL AREA

Subathevan S¹, Suganthan S¹, Suranjith GHC¹, Jayasumana HMKSD², Welinge SDS³

¹Faculty of Medicine, University of Colombo

²Postgraduate Institute of Medicine, University of Colombo

³Department of Community Medicine, Faculty of Medicine, University of Colombo

VENOM INDUCED THROMBOTIC MICROANGIOPATHY FOLLOWING HUMP-NOSED PIT VIPER (GENUS: *HYPNALE*) ENVENOMING: EFFECTIVENESS OF THERAPEUTIC PLASMA EXCHANGE

Rathnayaka RMMKN^{1,2,3}, Ranathunga PEAN⁴, Kularatne SAM⁵, Sugathadasa K⁶

¹Intensive care unit, Teaching Hospital, Ratnapura

²Department of Pharmacology, Faculty of Medicine, Sabaragamuwa University of Sri Lanka, Hidellana, Ratnapura

³Department of Veterinary Pathobiology, Faculty of Veterinary Medicine & Animal Science, University of Peradeniya

⁴Medical Unit, Teaching Hospital, Ratnapura

⁵Department of Medicine, Faculty of Medicine, University of Peradeniya

⁶Medical Statistic Unit, Teaching Hospital, Ratnapura

● Sir Nicholas Attygalle Award for the best paper (4th Place)

PREVALENCE, PREDICTORS AND OUTCOME OF CHRONIC KIDNEY DISEASE IN A COHORT OF AGING URBAN, ADULT SRI LANKANS

De Silva ST^{1,2}, Ediriweera DD¹, Niriella MA^{1,2}, Kasturiratne A¹, Pathmeswaran A¹, Kato N³, Wickramasinghe AR¹, de Silva HJ^{1,2}

¹Faculty of Medicine, University of Kelaniya, Ragama

²University Medical Unit, Colombo North Teaching Hospital, Ragama

³National Center for Global Health and Medicine, Toyama, Shinjuku-ku, Tokyo, Japan

● Wilson Peiris Award for the best paper for the 5th place

● H K T Fernando Award for the best paper (3rd Place)

FACTORS ASSOCIATED WITH THE INITIATION OF TOBACCO SMOKING AMONG SCHOOLING ADOLESCENTS IN THE AGE GROUP OF 13 TO 15 YEARS IN THE KANDY DISTRICT

Rambukwella HWSR¹, Dissanayake DS²

¹Postgraduate Institute of Medicine, University of Colombo

²Department of Community Medicine, Faculty of Medicine, University of Peradeniya

- **Daphne Attygalle Award for the best paper in Cancer**
IMAGE PROCESSING FOR THE DETECTION OF PAPILLARY THYROID CARCINOMA USING NUCLEAR FEATURES

Perera WKR¹, Wijesinghe HD², Silva ATP³, de Silva MVC²

¹ Faculty of Information Technology, University of Moratuwa, Sri Lanka

² Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka

¹ Department of Computational Mathematics University of Moratuwa, Sri Lanka

² Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka

- **Sir Frank Gunasekera Award for the best paper in Community Medicine / Tuberculosis**

PRACTICES ON SAFETY AT SEA AMONG FISHERMEN IN THE WESTERN COASTAL AREA AND ASSOCIATION WITH RELATED KNOWLEDGE, ATTITUDES AND TRAINING EXPERIENCE

De Silva SH¹, Deshapriya HDCH¹, Devapriya KVLS¹, Arambepola C²

¹Faculty of Medicine, University of Colombo

²Department of Community Medicine, Faculty of Medicine, University of Colombo

- **Kumaradasa Rajasuriya Award for the best paper in Tropical Medicine**

ANTHROPOPHILIC BEHAVIOUR OF VECTOR SANDFLIES: IMPLICATIONS FOR LEISHMANIASIS DISEASE SPREAD AND CONTROL IN SRI LANKA

Kumarasiri RWCK¹, Senanayaka SASC², Shantha DS², De Silva BGDNK³, Karunaweera ND²

¹Post Graduate Institute of Medicine, University of Colombo, Sri Lanka,

²Department of Parasitology, Faculty of Medicine, University of Colombo, Sri Lanka,

³Department of Zoology, Faculty of Applied Sciences, University of Sri Jayawardanapura, Sri Lanka

- **Special Prize in Cardiology for the best paper in Cardiology**

Cardiovascular disease risk prediction: Comparison of Framingham risk score and WHO/ISH risk prediction charts in Sabaragamuwa province, Sri Lanka.

Nandasena HMRKG^{1,2}, Tennakoon SUB², Ralapanawa DMPUK³

¹ Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya

² Department of Community Medicine, Faculty of Medicine, University of Peradeniya

³ Department of Medicine, Faculty of Medicine, University of Peradeniya

- **S Ramachandran Award for the best Scientific Communication in Nephrology**

PREVALENCE, PREDICTORS AND OUTCOME OF CHRONIC KIDNEY DISEASE IN A COHORT OF AGING URBAN, ADULT SRI LANKANS

De Silva ST^{1,2}, Ediriweera DD¹, Niriella MA^{1,2},

Kasturiratne A¹, Pathmeswaran A¹, Kato N³,

Wickramasinghe AR¹, de Silva HJ^{1,2}

¹Faculty of Medicine, University of Kelaniya, Ragama

²University Medical Unit, Colombo North Teaching Hospital, Ragama

³National Center for Global Health and Medicine, Toyama, Shinjuku-ku, Tokyo, Japan

- **Award for the best presentation in Pharmacology**

EFFICACY OF INDIAN AND AUSTRALIAN POLYVALENT ANTIVENOMS IN NEUTRALIZING THE PROCOAGULANT EFFECTS OF FOUR SNAKE VENOMS

Madhushani JDD, Madhushika MMH, Madialagan DP,

Madushanka KADC, Maduwanthi WMY, Mahanama

MGGNN, Silva NKA

Department of Parasitology, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka. Saliyapura 50008, Sri Lanka

- **SLMA Prize for the best Poster**

USEFULNESS OF VIRTUAL AUTOPSY IN DIAGNOSING PATHOLOGIES IN THE PAEDIATRIC POPULATION- A SYSTEMATIC REVIEW

Edussuriya DH¹, Wickramasinghe CU², Perera S³, Herath N⁴

^{1,2,4} Department of Forensic Medicine, Faculty of Medicine, University of Peradeniya

³ Faculty of Medicine, University of Peradeniya

RESEARCH AWARD

- **CNAPT Award**

Efficacy & safety of a herbal drug of *Coccinia grandis* (Linn) Voigt in patients with type 2 diabetes mellitus: A double blind randomized placebo controlled clinical trial

K.G.P. Wasana, Department of Biochemistry, Faculty of Medicine, University of Ruhuna

- **G R Handy Award for the best paper in Cardiology published in the year 2020**

Cardioprotective Potential of *Murraya koenigii* (L) Spreng, Leaf Extract against Doxorubicin- Induced Cardio toxicity in Rats

Ms. J.A.N. Sandamali, Lecturer, Department of Medical Laboratory Science, Faculty of Allied Health

Sciences, University of Ruhuna

● **Glaxo Wellcome Research Award for the year 2018**

Not awarded

● **SLMA Research Grant 2020**

“Validation of the Sinhala version of 3D-CAM for diagnosis of delirium in hospitalized medical patients”

Shenal Appuhamy, Consultant Physician, Ministry of Health and Indigenous Medicine Maheshi Wijayabandara, Senior Registrar in Geriatric Medicine, NHSL

Panduka Karunanayake, Professor of Clinical Medicine, NHSL Suhashini Ratnatunga, Consultant Psychiatrist, NHSL

P T S Prasanga, Registrar in Community Medicine, Faculty of Medicine, University of Colombo

● **Professor Wilfred S E Perera Travel Award in Bioethics 2020**

Not awarded

● **Dr Thistle Jayawardena Research Grant for Intensive Care 2020**

Not awarded

MEDIA AWARDS (2019/2020)

● **Sinhala Medium - Doctor Category**

Dr Shama Goonatillake

වෛද්‍යවරයා සඟරාව - ‘පිළිකා රෝගීන් අසුරේ ලද අත්දැකීම්

● **Sinhala Medium - Journalist Category**

Mr. Gamini Susantha

‘ආරෝග්‍ය’, Lake House Newspapers (Pvt) Ltd -

‘ශරීරයේ බර අඩු කර ගැනීමට රාත්‍රී ආහාර වේල නොගෙන ඉන්න එපා’

● **English Medium - Doctor Category**

Dr Punnami Amarasinghe

Daily Mirror, Wijeya News Papers Ltd -

‘Gift your child with the best’

● **English Medium - Journalist Category**

Ms. Nadira Gunatilleke

Daily News, Lake House Newspapers (Private) Ltd

‘Use of Decontamination Chambers and Spraying of Disinfectants in COVID-19 scenario’

● **Tamil Medium - Doctor Category**

Dr Joel Arulchelvam

Virakesari, Express Newspapers (Ceylon) (Pvt) Ltd

‘වெරිකිකොස් (Varicose Veins) நாளங்கள்’

Tamil Medium - Journalist Category

Mr. Marlin Marikkar

பக்கவாத அறிகுறிகள் எவை?

குணங்குறி தென்பட்டதும்

தாமதம், அலட்சியம் கூடாது!

Thinakaran, Lake House Newspapers (Pvt) Ltd

Social Media Category

Dr Prageeth Suranga Premadasa

For his YouTube channel **Sex Ed Lk**

Electronic Media Category

Mr. Oshadi Deepal Gunawardana

For the documentary on ‘කොරෝනා පාඩම’

aired on **Sri Lanka Ruvapahini Cooperation**

18. Ceylon Medical Journal

Editors: Professor A. Pathmeswaran and Professor Senaka Rajapakse

Emeritus Editors: Dr C.G. Uragoda, Professor Colvin Goonaratna, Professor Janaka de Silva, Dr Anuruddha Abeygunasekera

Section Editors: Dr B.J.C. Perera, Dr Udaya Ranawaka, Professor Shalini Sri Ranganathan

Editorial Board: Professor Carukshi Arambepola, Professor Ranil Fernando, Dr Renuka Jayatissa, Professor Raveen Hanwell, Professor Sarath Lekamwasam, Dr Sachith Metananda,



**THE CEYLON
MEDICAL JOURNAL**
Established 1887

Professor Ajith Nagahawatta, Dr B.J.C. Perera, Professor Shamini Prathapan, Professor Udaya Ranawaka, Professor S.H. Siribaddana, Professor Shalini Sri Ranganathan

International Editorial Board: Professor Sabaratnam Arulkumaran, Professor Zulfiqar Ahmed Bhutta, Professor Andrew Dawson,

Professor Barbara Gastel, Professor David Laloo, Professor Kalle Hoppu, Professor Ian Pearce, Professor Peush Sahni, Professor Anita KM Zaidi

Compiled by: Professor A Pathmeswaran

Period covered: 16 November 2020 to 15 November 2021

1. Editorial board membership

No changes during the year.

2. Board Meetings

The Editorial Board meetings are usually held on the second Saturday of the month. Twelve meetings were held during the year. Average attendance at editorial board meetings was close to 80%. In addition, the members of the editorial board reviewed 354 abstracts submitted for the SLMA annual academic sessions. A summary of the events of CMJ are sent to the council periodically.

3. Journal

Three issues of the Journal were published during the year. A total of 32 articles have been published including 17 original articles. Ananda Press continued to print the Journal during the year under review.

Twelve editorial board meetings were held where 179 articles were tabled and discussed. Forty-four articles were accepted for publication. The article acceptance rate was 25%. Average time between submission of an article and decision taken at the editorial board was 6 weeks.

The processing fee per article is Rs 3000/=.

4. Website

The CMJ can be accessed online through the SLMA website. Full article access is available from 2000 onwards. The Sri Lanka Journals Online website is maintained by the National Science Foundation. The PubMed abstract of the CMJ articles provide a link to the full text articles.

5. Online activities

The Twitter and Facebook accounts of the CMJ are being used to promote the Journal electronically. The Twitter account has 1200 followers to date. The Facebook page has 1092 followers.

8. CMJ office

Ms Sandamali continues to function as the 'office assistant' remotely. The office can be contacted on 011 269 0212 and at cmjslma@gmail.com

9. Finances

The SLMA council supports the CMJ with an annual grant of Rs. 500,000 which finances the running costs of the journal. The CMJ would like to acknowledge the support extended by the President and Council of the SLMA.

10. Acknowledgements

The Editorial Board is grateful for the continued help of all SLMA staff, especially Ms Jayarani Tennakoon.

19. Ethics Review Committee

Chairperson: Professor Chandanie Wanigatunge (Medical)
Convener/ Secretary: Dr Chathurie Suraweera (Medical)

Report Presented by Dr Chathurie Suraweera

Activities carried out in 2020

Twelve regular meetings and four special meetings for accelerated reviews for COVID-19 related protocols of the ERC were held from November 2020 to October 2021. 28 research proposals were submitted during the period from November 2020 to October 2021. 11 were granted approval. Eight proposals were removed from the agenda as the Principal Investigator did not respond despite repeated reminders. Three protocols were rejected during

this period.

Accelerated reviews were conducted on four COVID related research protocols. COVID-19 related research proposal.

Action plan for 2021

- Provide support to FERCSL and to look into the possibility of conducting a programme to grant local accreditation for the ethics review committees.
- To conduct training programmes for the newly joint SLMA-ERC members.

Activities in relation to SLMA Objectives of the Committee

Objective	General	Specific
To advocate the reorientation of the health sector towards health promotion with a life cycle approach	-	-
To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities	To enhance research ethics capacity of those involved in biomedical research	To promote involvement of non-health sector associated persons in health-related research as members of the Ethics Review Committee
To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach	-	-
To enhance the capacity of medical professionals	To enhance research ethics capacity of those involved in biomedical research	To provide timely and comprehensive review of biomedical research protocols submitted for ethical approval To provide guidance and support to other ERCs to enhance their capacity in reviewing applications pertaining to ethical aspects of biomedical research
To play an advocacy role towards a comprehensive curative and preventive healthcare for the community	-	-

20. Sri Lanka Clinical Trials Registry

Chairperson: Professor Colvin Goonaratna

Convener: Dr Udaya Ranawaka (Administrator)

Report Presented by Dr Ashwinie de Abrew

Objectives of the committee

The overall objectives of the SLCTR are;

1. To establish and maintain a national registry of clinical trials that meets international standards.
2. To facilitate clinical trial registration by Sri Lankan researchers.
3. To create awareness on the need for, and the process of, clinical trial registration among the Sri Lankan scientific community.

Activities carried out during 2021

1. Thirty four clinical trials were registered as of 09th December

2021 (Total 397 trials in the registry).

2. Total of 45 applications received and processed as of 09th December 2021.

3. SLCTR database and website were revised according to the new requirements of the WHO-ICTRP. Further database developments are ongoing.

4. Standard Operating Procedures (SOPs) of SLCTR were updated according to the new requirements of the WHO-ICTRP

5. Steps were taken to expedite registration and waive the registration fee for COVID-19 trials,

Action plan for 2022

1. Further develop the SLCTR web application according to updated WHO-ICTRP standards.
2. Provide a platform for results reporting of trials registered with the SLCTR.
3. Repeat the audit on the quality of clinical trials registration at the SLCTR.



21. Audit Committee

Chairperson - Dr Iyanthi Abeyewickreme

Secretary - Dr Sajith Edirisinghe

Members - Prof Sudarshani Wasalathanthri, Dr Sarath Gamini de Silva, Dr Kalyani Guruge & Dr Manilka Sumanathilaka

The functions of the Committee shall be to

- Monitor all financial transactions, and agreements with other organisations including lease/rent agreements and make recommendations to the Council and/or general body
- Study the Annual Audit Report of the external Auditors and make recommendations to the Council and/or general body
- Carryout any other duties assigned to it by the Council. The audit committee evaluated the SLMA's financial status, accounts and audit report of 2020.

1. SLMA Current Accounts

SLMA has 13 current accounts operating at present and they are as follows:

- 1. Sri Lanka Medical Association - General Account** – which operates for all daily/monthly expenditures and incomes, e.g., Salaries, EPF, ETF, over time, allowances, electricity, telephone, security, water, janitorial service, web site expenses, such as printing expenses for lectures & meetings, franking machine, travel & transport, sundry expenses, and maintenance expenses
- 2. Sri Lanka Medical Association - Sessions, Foundation & Dinner Dance Account** – which operates for the Annual Academic Sessions, Foundation Sessions, and the Dinner Dance
- 3. SLMA Oration FD Interest Account** – which operates Oration FDs interests
- 4. NIROGI Lanka Project Phase 11**
- 5. SLMA Disaster Relief Fund Account** – which operates for scholarships given to school children. Currently, 3 children affected by Tsunami and 6 children affected by the Easter Sunday attack are being given scholarships at Rs 3500.00 per month.
- 6. SLMA Research FD Interest Account** – which operates for research grants, travel grants, and awards

7. SLMA CPD account (Continuing Professional Development)

8. Ceylon Medical Journal

9. SLMA Book Sale Committee Account – which operates for the income from the book sales done at SLMA (85% of the income from one book goes to the author and 15% comes to the SLMA)

10. SLMA Tobacco & Alcohol Committee Account

11. SLMA Toastmaster Club Account

12. SLMA Palliative & End of Life Care Task Force

13. SLMA Building Fund Account – which operates for the donations received to renovate/refurbish the SLMA building

- SLMA has been handling the accounts of the various national-level projects in collaboration with the local and international agencies. As administrative costs, the SLMA receives a percentage from the total amount of the project cost as administrative cost. The audit committee noticed that the administrative cost received by the SLMA was 15% a few years ago. But it has now dropped to 5%.
- The audit committee has noticed that few colleges/ foundations have not paid the monthly rentals on time. It was also noted that the last rental increment was done in the year 2015.

2. Audited Accounts 2020 (Auditors report)

The committee went through the audited report and its contents thoroughly. The committee observed that the accounts were in order and that there had been no mismanagement or fraud which was also confirmed by the auditors.

Recommendations

1. Recommend to inform the funding agencies and the families of those under whose names orations are being held, to increase the FD amount as it is difficult for the SLMA to continue holding the orations with the small interest generated from these FDs due to the present economic climate. Some FDs have been opened in 1985 and have never been topped up.

2. Suggest reconsidering the option of installing solar panels to minimize the cost of electricity.
3. We recommend discussing with the funding agencies to pay 15% as the administrative fee for future projects before the commencement.
It would be helpful if the SLMA can include it in official documents exchanged between the two parties.
4. We recommend increasing the rent according to the current market value, once in every 5 years, and include it in their TOR/ agreement.
Also, recommend to send a reminder notification for the delayed payments. For the moment, rent increase may be commenced from 2022 due to the current economic situation of the country.

Conclusions;

1. SLMA Accounts

- a). SLMA Building Fund account – Request to close the account was handed over to HNB, Cinnamon Gardens branch on 14.06.2021
- b). SLMA Toastmasters Club account - Request to close the account was handed over to BOC, Borella branch on 19.05.2021

SLMA Tobacco & Alcohol committee account and SLMA CPD account were could not be closed as the respective committees have informed that they are active and functioning.

3. Audit report 2020

The audit report 2020 is correct and there were no irregularities.

22. Information Technology Update

Routine Activities

Updating and maintenance of the SLMA website and development of website for 134th Anniversary International Medical Congress was completed successfully.

Updating and maintenance of social media accounts of SLMA

Maintenance of SLMA web-hosting, official email, SMS, Zoom and bulk email platforms

Revamping and management of abstract submission portal for 134th Anniversary International Medical Congress

Platform	Number uploaded	Number of subscribers/followers
YouTube	218	2383 Subs
Twitter	197	736 followers
Facebook	204 posts/ 62 videos	4950+followers 3970+ Likes

The videos will be shifted to public access after a defined period.

Implemented a mobile app for SLMA 134th Anniversary International Medical Congress aimed at providing information related to the conference. The app can be used in future to communicate all information related to SLMA.

Implemented a 3D virtual stalls platform for sponsors of the 134th Anniversary International Medical Congress as the conference was held fully online.

New Activities Initiated

Established an online payment portal to obtain SLMA membership enabling eligible local and overseas medical professionals and students to make payment and obtain the membership. The portal was extended to enable registration for the 134th Anniversary International Medical Congress for local and overseas delegates.

Established a video sharing platform to provide access to Saturday Talk lecture series recording allowing access to SLMA members, especially in the student category.

Other activities

Established a video-conferencing system at SLMA Council Room

Replaced computers of SLMA staff with up-to-date technology

Established CCTV system in SLMA premises

Procurement of a new video camera and a switch for SLMA auditorium

23. Reports of the SLMA Expert Committees

COMMUNICABLE DISEASES

Chairperson: Professor Ranjith Perera

Convener: Dr Chamila Dalpatadu

Report Presented by Dr Chamila Dalpatadu

Attendance at Committee meetings

No formal committee meetings were held during the year 2021 due to frequent lockdowns in the country. Informal discussions were done among committee members on important subjects.

Activities carried out in 2021

1. Launched the 7th edition of the vaccine book on 20th March 2021.

2. It is planned to organize a webinar titled “Control of TB, leprosy and dengue in the era of Covid – 19: How can we overcome the challenges” in early December 2021.

We wish to mention here that, although we usually organized many events on communicable diseases in the past, we could not do much in 2021, due to frequent lockdowns in the country.

Apart from that, the SLMA President and the council very correctly took over the task of expressing views and dealing with the Covid – 19 situation in the country. This was a very effective move as the SLMA is the apex body of all medical professionals. The voice of the SLMA is more powerful than just that of the ECCD.

We appreciate the work carried out by the President and the council of SLMA with regard to the Covid – 19 situation in the country.

Action plan for 2022

If the situation in the country permits, we wish to do the following in 2022.

- To organize symposia and other events on currently important and relevant topics for capacity building and continuing medical education purposes of medical professionals.
- To explore the possibility of long term collaboration with an organization /institution to obtain assistance for CPE sessions.

Activities of the committee in relation to SLMA Objectives

Objective	General	Specific
To advocate the reorientation of the health sector towards health promotion with a life cycle approach	NA	
To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities	None	
To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach	NA	
To enhance the capacity of medical professionals	Committee has always been working with other colleges in providing CME to medical professionals.	Please see the section below on activities carried out in 2020.
To play an advocacy role towards a comprehensive curative and preventive healthcare for the community	SLMA Guidelines and Information on Vaccines 7th Edition 2020 was completed with the involvement of relevant professionals. Vaccine book was dedicated to the memory of late Prof. Anura Weerasinghe This book was launched on 20 th March 2021.	

- To initiate activities targeting comprehensive curative and preventive healthcare for the community.
- Improve and expand the series of CDs on health related topics which can be used as education material in hospitals.

CORE GROUP ON COMMUNICATION IN HEALTHCARE

Chairperson: Professor Rasnayaka Mudiyanse

Convener: Dr S. Amali Dalpatadu

Report Presented by Dr Amali Dalpatadu

The Expert Committee was initiated in December 2018 as the Core Group on Communication in Healthcare and was later re-named as the Expert Committee on Communication in Healthcare.

Amidst the COVID-19 pandemic, the following activities were carried out through a virtual platform

1. A one-day virtual communications skills training programme organized in collaboration with PGIM for the Paediatric trainees which was conducted in 3 stages [from the first year of trainees to third-year trainees].
2. A National Communication Skills Training Programme for primary care doctors was held on 25th August with the participation of over 50 medical officers through a virtual platform
3. A virtual workshop on research in communication in healthcare was completed on 20 September 2021 with the participation of over 100 medical officers.
4. Thirteen members led by the chairperson presented at the 134th annual academic sessions of the SLMA.
5. A book for nurses and allied sciences was published using the Sinhala translations of abstracts of the above session, it was presented to Dr BJC Perera by the president of SLMA.
6. Narrative Competition for medical and allied health students was scheduled to be held in August 2021, the final round of the competition will be held on 19th November 2021 and the finalists will perform at the annual communication conference in December 2021
7. Communication handbook – A communication handbook for the primary care doctors- is being completed with the final editions currently taking place.
8. The annual conference on Communication in Healthcare will be held on December 18th, 2021, through a virtual platform.
9. A midwife training programme on communication skills in the central province was organized, but the event was postponed due to the lockdown and in keeping with the health safety guidelines.
10. Council meetings were conducted from SLMA with

most members joining via zoom due to the prevailing COVID-19 pandemic.

ETHICS

Chairperson: Dr Preethi Wijegoonewardene

Convener: Dr Surantha Perera

The ethics committee held seven meetings during the year. The main activities undertaken by the committee were as follows:

- Networking with outstation clinical societies by conducting ethics related sessions at SLMA regional meetings.
- Contributing to the formation of guidelines on the ethical issues at end of life care. A meeting will be held in the SLMA with the participation of stake holders to take it forward
- We have contributed to the establishment of National Policy on Organ and Tissue Transplantation of Sri Lanka. It is available for public viewing and it would be submitted to the parliament for approval very soon.
- Establishing National Ethics Committee at Ministry of Health and Advisory Expert Committee on Ethics-had a meeting with DGHS and agreed to set up a steering committee to develop a frame work to reach desired objectives at national level. It was proposed to have a 25 member National Ethics Committee and Ministry of Health has written to the different Colleges of specialists to obtain their views on this.
- Promoting the establishment of Hospital Ethics Committees – We met DGHS and forwarded the request to accept it as a policy. A training program would be initiated for the members of the ethic committees by SLMA.
- Continuing the collaborative work with the Sri Lanka Chamber of the Pharmaceutical Industry (SLCPI) on furthering ethical medicinal drug promotion and ethical behaviour of prescribers.
- Held a webinar on ethics in COVID-19 involving WHO and Epidemiology Unit and disseminated the information to the media and the membership
- Commenced writing a book on “Ethics in practice” compiling the selected orations and presidential speeches on ethics related themes which will be a useful for the membership to read

FORUM FOR ETHICS REVIEW COMMITTEES OF SRI LANKA (FERCSL)

Chairperson - Professor Chandanie Wanigatunge (ERC, SLMA)

Secretary - Professor Shamini Prathapan, (ERC, FMS USJ)

Treasurer - Dr Wasanthi Subasinghe, (ERC, FM Kelaniya)

Editor - Professor C. M. Wickramatilake, (ERC, FM Ruhuna)

Report Presented by Professor Shamini Prathapan

1. Management Committee Meetings

Two meetings were held to date, for the year 2021, both via the virtual platform.

2. Workshop on Good Clinical Practices

The annual GCP workshop was held on the 28th of June and 5th of July 2021 via a virtual platform. More than 150 participants participated. Dr Malik Fernando chaired both sessions and the President of the SLMA, Dr Padma Gunaratne, formally started off the workshop with the welcome address. The presentations and their respective speakers are as follows:

Topic	Speaker
Research ethics in Clinical Trials	Prof. Chandanie Wanigatunge
Introduction to GCP, Principles, What is GCP? Need for GCP?	Chairperson, FERCSL and Chairperson, ERC SLMA
Drug development process	Prof. Channa Ranasinha Professor in Pharmacology, Kelaniya
Role and Responsibilities of PI	Dr. Lalith S. Wijayaratne, Consultant Rheumatologist
Clinical Trial protocol and Investigation Brochure	Prof. G R Constantine Professor in Clinical Medicine, Colombo
Participant safety and adverse effects	Prof. Shalini Sri Ranganathan
Investigational products	Professor in Pharmacology, Colombo
Documentation and record keeping	Dr. Noel Somasundaram Consultant Endocrinologist
Ethics review committee – function with special ref to GCP and Clinical Trials	Prof. Panduka Karunanayake Professor in Clinical Medicine, Colombo
Informed consent	Dr. Manouri Gamage Senior Lecturer, Sri Jayewardenepura
Regulatory requirements for clinical trials and legal frame work	Mr. Arjuna Pathmaperuma Regulatory Pharmacist, NMRA/ Clinical Trials Evaluation Committee
Role of the sponsor & Contract Research Organization (CRO)	Prof. H Asjita de Silva Senior Professor of Pharmacology, Kelaniya
Research Misconduct and Conflict of Interest	Prof. Enoke Corea Professor in Microbiology, Colombo

3. Accreditation of the ERCs

The dates were set for the accreditation of the ERC/FM/ Colombo, Jaffna, Ruhuna and Rajarata and ERC/ PGIM under the Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) programme of the Forum for Ethical Review Committees of the Asia and the Western Pacific (FERCAP) in collaboration with FERCSL. However with the ongoing pandemic, this was postponed to the year 2022.

4. e-newsletter

An e-newsletter of the FERCSL was circulated by the FERCSL among its member ERC's.

HEALTH INOVATIONS, RESEARCH AND PRACTICE

Chairperson: Professor Kumara Mendis

Convener: Dr Sashika Sandaruwanie

Report Presented by Dr Dr Sashika Sandaruwanie

SLMA INNOVATION AWARD – 2021 “HEALTH INNOVATIONS FOR TOMORROW”

The SLMA Innovation Award - 2021 was organized by the Health, Innovation, Research, and Practice Committee, with the theme of Health Innovations for Tomorrow. Abstracts were called with video clips under 5 categories.

- School
- University
- Institution
- Medical Doctors
- General Public

Abstracts and videos were received to the SLMA google link of <http://bit.ly/3h8bUa9>. The deadline for applications was June 30, 2021.

Each abstract along with video clips was evaluated by three independent evaluators, who are experts in the relevant fields.

The Evaluators;

1. Professor Jennifer Perera
2. Professor R. M. Mudiyanse
3. Professor Ruvaiz Haniffa
4. Dr Sudharshani Wasalathanithri
5. Dr Kalyani Guruge
6. Dr Sarath Gamini De Silva

Awards were given according to the final marks obtained by inventors. In some categories, there were no qualified inventors for medals.

WINNERS

University Category

Medal	Authors	Innovation	University
Gold	Wasana KGP ¹ , Attanayake AP ¹ , Weerathna TP ² , Arawwawala LDAM ³ and Jayathilaka KAPW ¹	A novel antidiabetic agent for type 2 diabetes mellitus	University of Ruhuna
Silver	-	-	-
Bronze	Kahawewidana K.W.P.P. ^a , Bandulasena B.N.M. ^b , Ashika Hansini ^c , Seneviratne C.K.W. ^d , Karunanayake A. ^e and Jagath Gamage ^f	IR-UWB Radio Sensing Platform for Non-Contact Vital Signs Monitoring	University of Ruhuna

School Category

Medal	Author	Innovation	School
Gold	-	-	-
Silver	Ambuldeniya A.A.C.S.	Sanitizer Station 2.0	Sri Chandananda Buddhist College, Kandy
Bronze	Jayawardhana R.M.B.	Saline Machine	Sri Chandananda Buddhist College
Bronze	Seenapatabendige Y.T.	Cinnamon Biochar Toothpaste	Dharmasoka Collage, Ambalangoda.

Health, Innovation, Research, and Practice Committee thanks all the experts who contributed to evaluating the abstracts and all the others who have given their support to make this event successful.

Please note that the Health, Innovation, Research, and Practice Committee rigorously protected the confidentiality of all data received and ensure unbiased standard evaluation results.

HEALTH MANAGEMENT

Chairperson: Dr Ruvaiz Haniffa

Convener: Dr P. Dinesh Koggalage

Report Presented by Dr Dinesh Koggalage

General objective

To assist in strengthening SLMA in its role of influencing health policy and support to play the advocacy role towards a comprehensive curative and preventive healthcare for the Sri Lankan community

Specific objectives -

1. To lead the health policy debate to influence or change government decisions which SLMA believes may not be in country's best interests;
2. To respond to issues in the health sector through the provision of a wide range of expert resources by collaborating with Professional Colleges, Ministry of Health, Finance and other health related organisations and stakeholders including the private sector;
3. To collect and analyse data and information to support evidence based advocacy;
4. To support implementation of Sustainable Development Goals (SDGs) through enhanced intra and inter sectoral cooperation;
5. To collaborate with other expert committees of SLMA in promoting health.

Activities carried out in 2021

This year, the HMC met only on four occasions up to April 2021 due to the prevailing COVID-19 situation in the country. The following activities were undertaken by the HMC up to this date.

1. Establishment of professional bodies (Associations/ Colleges)

The HMC noted with concern that there are many professional Associations and Colleges coming up in ad hoc manner. Therefore, it was decided to make a proposal

to the SLMA Council to develop a Guideline on establishing such professional bodies. The Chairperson took up this matter at the SLMA Council for further action.

2. Ethical aspects in controlling and treating COVID-19 patients

The committee decided to send a letter to Hon. State Minister of Primary Care, Epidemics and COVID-19 Control emphasizing the importance of establishing a 'National Ethics Committee for COVID-19'. It was decided to send a similar request letter to the Hon. Cabinet Minister of Health, Mrs. Pavithra Wanniarachchi and the Hon. State Minister, Professor Channa Jayasumana from the HMC.

3. Extraordinary Gazette Notification No. 2218/50 dated 09.03.2021 to amend the Medical Service Minutes – the matter related to the field of Medical Administration

The HMC forwarded their opinion to the Council on the contents of the above gazette notification

4. 'Annual Career Guidance Seminar for Junior Medical Officers - 2020'

The 29th Seminar was successfully conducted on 23rd May 2021 (Sunday) from 8.00 am to 1.45 pm. Due to the prevailing COVID-19 situations, this year's seminar was conducted on ZOOM platform free of charge. There were more than 1,000 junior doctors participated online at the seminar. The Seminar was conducted in four main sessions where each session consisted of 5 or 6 specialists from different medical specialties who introduced the key attributes of the speciality and shared the challenges and benefits of choosing the speciality. The first session which was chaired by Dr Padma Gunarathne, President, SLMA consisted of brief presentations on Postgraduate Training Programme by Dr Pandula Siribaddana, Dermatology by Dr Chathurya Siriwardena, Surgery & Sub-specialties by Professor Nandadewa Samarasekera, Venerology by Dr Buddika Perera and Anaesthesiology by Dr Nilmini Wijesuriya. The second session chaired by Dr Ruvaiz Haniffa consisted of presentations on Medicine & Sub-specialties by Dr Upul Dissanayake, Obstetrics & Gynaecology, Paediatrics by Dr A.H.H.M. Jayaweera, Health Informatics and opportunities in Universities by Professor Vajira HW Dissanayake. Dr Rani Fernando chaired the third Session which consisted of presentations on Private Sector opportunities by Dr Samantha De Silva, Ministry of Health cadres by Dr Dileep De Silva, Radiology by Dr Anton Jenil, Community Medicine by Dr Anuji Gamage, Microbiology by Dr Dhammika Vidanagama and Ophthalmology by Dr K.A. Salvin. The final session was chaired by Dr Sarath Samarage and it contained presentations on Psychiatry by Dr Chamara Wijesinghe, Otorhinolaryngology by Dr Ravi Dayasena, Forensic Medicine by Professor Ravindra Fernando, Medical Administration by Dr Sudath Dharmarathne, Pathology by Dr D.H. Beneragama, Opportunities in Armed

Forces by Col. (Dr) Saveen Semage and General Practice by Dr Dilini Baranage.

MEDIA

Chairperson & Convenor: Dr Ruvaiz Haniffa

Report Presented by Dr Ruvaiz Haniffa

The SLMA Media Committee with the assistance of the Public Relations Officer of the SLMA under the guidance of the President of the SLMA organized a successful series of press briefings for the electronic and print media at the Lionel Memorial Auditorium of the SLMA. The focus of the SLMA was to pass on accurate, credible unbiased and timely information to the public on the COVID-19 pandemic. The President SLMA chaired these press briefings which were conducted with the assistance and participation of invited experts from the relevant fields and representatives from the specialist colleges. It must be mentioned in the year 2021 through these press conferences in particular and other press statements/ interviews by SLMA sanctioned personnel the media presence and visibility (both local and international) of the SLMA was at an all-time high.

The SLMA media committee introduced a SLMA themed back-drop to be used at the press briefings.

The Annual SLMA Awards for Excellence in Health Journalism 2021 was conducted for the submissions received for the period June 2019 to June 2020. The committee received 36 Sinhala articles 06 Tamil articles and 15 English articles for evaluation. The following awards were made at a special event organized on 27th November 2021

MEDICAL EDUCATION

Chairperson: Professor Indika Karunathilake

MEDICINAL DRUGS

Chairperson: Professor Priyadarashani Galappaththy

Secretary: Professor Pradeepa Jayawardane

Report Presented by: Professor Priyadarashani Galappaththy (Chairperson) and Professor Pradeepa Jayawardane (Convenor)

Main objective of the committee is to promote rational and appropriate use of medicinal drugs and ensure safety of medication use.

Activities carried out in 2021

1. Therapeutic update lectures

MDC organized the webinars for the 8th consecutive year to update knowledge on therapeutics and rational use of medicines. All the webinars were very well attended and were uploaded to the SLMA website.

The updates held in 2021 and speakers are as follows:

1. Therapeutic Update on Vasculitis

Dr Gunendrika Kasturiratne, Consultant Rheumatologist

2. Therapeutic Update on COVID-19

Dr Harsha Sathischandra, Consultant Physician

Vaccines in COVID-19

Professor Neelika Malavige, Professor at Department of Immunology and Molecular Medicine

3. Therapeutic Update on Acute Kidney Injury

Professor Eranga Wijewickreme, Professor in Medicine and Honorary Consultant Nephrologist

4. Therapeutic Update on Superficial Fungal Infections

Dr Indira Kahawita, Consultant Dermatologist

2. Preparation of a guidance for doctors on recommending medicines to patients during home management of COVID-19 patients

A comprehensive guidance addressing issues pertaining to use of medicines in patients with COVID-19 during home management was prepared and circulated.

3. Preparation of a guidance for COVID-19 patients on use of medicines

A comprehensive patient guidance on use of medicines in COVID-19 was prepared and circulated.

4. Development of Medication Safety National Action Plan

The National Action Plan for Medication Safety in Sri Lanka initially drafted by Prof Priyadarshini Galappaththy, Chairperson of the MDC and contributed by members of the Medicinal drugs committee during consultative meetings was launched on "World Medication Safety Day", 17th September 2021.

5. Review of Non-Communicable Diseases Guidelines Prepared by the Directorate of Non Communicable Diseases of Ministry of Health, Sri Lanka

The MDC, was requested to review the guidelines sent by the Non communicable Disease unit of the Ministry of Health developed in collaboration with relevant colleges. The members of the MDC met on several meetings and reviewed the following guidelines and suggestions were forwarded to the President, SLMA to be sent to the NCD unit of MoH.

- i. National Diabetes guideline For primary healthcare providers
- ii. National Diabetes guideline For Secondary and Tertiary healthcare level
- iii. National Guideline for management of Dyslipidemia for primary health care providers
- iv. National Dyslipidaemia management guideline for Secondary and Tertiary Healthcare Level
- v. National Guideline for Management of Hypertension for Secondary and Tertiary Health Care level
- vi. National Guideline for Management of Hypertension for primary healthcare providers
- vii. Care level
- viii. National Guideline for Risk Assessment and Primary Prevention of Cardiovascular Diseases For Secondary and Tertiary healthcare level

6. Patient information leaflets (PILs)

The patient information leaflets on following topics are being prepared to be published online at the SLMA website.

Depression	–	Professor Raveen Hanwella
Vitamin D therapy	–	Dr Sachith Abayaratne
Drugs in Epilepsy	–	Dr Kishara Gooneratne
Hypertension	–	Dr Sarath Gamini De Silva (Updating the existing PIL)
Antacids	–	Professor Anuradha Dasanayake

Action plan for 2022

1. MDC will continue to have therapeutic updates for 2022.
2. Provide leadership in implementing Medication Safety National Action Plan
3. Prevention of AMR by improving prescribing practices
4. Patient education on “Misconceptions regarding use of medicinal drugs” will be addressed by preparing “Patient Information Leaflets which will be published online at the SLMA website.

NON-COMMUNICABLE DISEASES

Chairperson: Dr Renuka Jayatissa

Convener: Dr Sidath Wijesekera

Report Presented by Dr Sidath Wijesekera

Background

The expert subcommittee on Non-Communicable Diseases (NCD) has been active and operational since 2004 which has given leadership to SLMA in playing a pioneering advocacy role in the field of NCDs; in policy formulation, strategic planning, and development of national action plans in support of the Ministry of Health (MoH) and other relevant ministries and stakeholders.

Activities carried out in 2021:

1. The NIROGI Lanka project

The flagship project of SLMA, continuing for the 12th year (2009-2021) completed its phase III (2016-2021) funded by the World Diabetes Foundation (WDF) in collaboration with Sri Lanka Diabetes and Cardiovascular Initiative which was independently evaluated. A Memorandum of Understanding (MOU) was signed with Rotary International Sri Lanka for the future activities.

- Memorandum of Understanding with Beta , D. Samson Industries (Pvt) Limited (DSI) on developing a ‘Diabetes Prescription shoe’ to the diabetes patients signed as an extension of the NIROGI PAADA component.
- Scientific communications published in conferences.
- As requested by ministry of health, Dr Chathuranga Ranasinghe and Dr Thushara Mattias were nominated from SLMA to the newly establishing technical working group on promotion physical activity Ministry of Health.

2. NCD subcommittee had a couple of meetings on 19th of March and 6th of April 2021 and discussed with major yogurt producers in the country with regards to promotion of sugar free yogurt.

Yogurt producers agreed to produce 80-90ml yoghurt cups with

- No added sugar
 - No flavouring
 - No adulteration
- (Specially for children under 2 years of age)

3. Series of seminars and webinars organized throughout the year

- A seminar on “Food and cancers” was conducted in March with the participation of Dr Jayantha Balawardhana and Dr Renuka Jayatissa as resource personal. Important points highlighted in the seminar were published in main stream media including News first.

- Conducted a webinar on mycotoxins was April with the participation of Professor Upali Samarajeewa and Dr Thilak Siriwardana as resource personal, when there was public interest on contamination of coconut oil with aflatoxin

- A webinar on dyslipidemia and food was successfully conducted on July with the participation of Professor Sudheera Kalupahana and Dr Thushara Matthias as resource personal

4. Continued providing expertise and voluntary services to the Coconut Development Authority (CDA) Sri Lanka including site visits to coconut oil producers.

5. Provided technical input for “Guideline on Diabetes Mellitus for Secondary and Tertiary Health Care Providers” and “National guideline for Cardiovascular risk management for primary healthcare providers”.

6. Discussed about Unethical advertising campaign on soft drinks with interested civil movements and decided to follow-up formulating guidelines by ministry of health.

7. Discussed to speed up the process of implementation of sales restriction on single cigarette.

PALLIATIVE AND END OF LIFE CARE TASK FORCE

Chairperson: Dr Dilhar Samaraweera

Converner: Dr Udayangani Ramadasa

Secretary: Dr Sankha Randenikumara

Members: Representing all relevant Colleges and Associations

Report Presented by Dr Sankha Randenikumara

1. Task Force Meetings

Several virtual meetings and a few face-to-face meetings were convened within the year to compile the Palliative Care Manual and to finalize the End-of-life care guidelines.

2. Education, Training and Research Activities

- A Pre-conference Workshop (virtual) was conducted by the Task Force at the Annual International Conference of Sabaragamuwa University of Sri Lanka (ICSUSL 2021) under the theme of ‘Palliative Care in Sri Lanka’. Speakers were Dr Udayangani Ramadasa (Head, Department of Medicine, Sabaragamuwa University of Sri Lanka), Dr Dilhar Samaraweera (Consultant Physician, CSTH), Dr Gamini Pathirana (Consultant Neurologist, NHSL), Prof Panduka Karunanayake (Department of Clinical Medicine, University of Colombo), Dr Mahesh Rajasuriya (Senior Lecturer,

Department of Psychiatry, University of Colombo) and Dr Sankha Randenikumara (Family Physician, The Family Health Clinic, Wattala). The workshop was targeted at professionals at any field who are interested in the topic and it was well attended.

- An abstract submitted by the Task Force titled ‘Establishing Trained Palliative Care Teams to initiate Palliative Care Services in Referral Hospitals in Sri Lanka - A Pilot Programme’ (authored by Sankha Randenikumara, Udayangani Ramadasa, Dilhar Samaraweera, Suraj Perera, Gamini Pathirana, Ravini Karunatilake, Panduka Karunanayake) was selected for an oral presentation at the ICSUSL 2021. It was presented on 03.12.2021 by Dr Sankha Randenikumara.

- Task Force members were invited to many webinars and symposia related to palliative and end-of-life care conducted by other professional organizations.

- Annual Academic sessions of Sri Lanka Association of Geriatric Medicine – Symposium on End of Life Care

- Association of Sri Lankan Neurologists – Neurology update on Neuropalliative Care

- ICSUSL 2021 – Pre-conference workshop on ‘Family-centered care for older adults’

3. Publications

- **Palliative Care Manual for Healthcare Professionals in Sri Lanka (2nd Edition)**

The Second edition of Palliative care Manual for Health care Professionals in Sri Lanka was launched on 11.10.2021 at the commemoration ceremony of World Hospice and Palliative care day 2021 of the National Cancer Control programme. The new edition has contributions from almost all the disciplines including oncology and it provides guidance to all aspects of palliative care.

- **Practice Guidelines in the End-of-Life Care**

The committee appointed in 2017 to develop end-of-life care guidelines for Sri Lanka went through a long process which included meetings and discussions with multiple stakeholders including legal fraternity. The final version of it was reviewed for clarification in legal aspects and the recommendations were discussed again in the guideline committee.

The finalized guidelines were launched in December 2021.

4. Contributions to the National Activities

Members of the Task Force represented the National Steering Committee of Palliative care and attended the meetings conducted by the Ministry of Health in 2021.

PREVENTION OF ROAD TRAFFIC CRASHES

Co-Chairpersons : Professor Samath D. Dharmaratne and Dr Clifford Perera

Secretary : Dr Thushara Matiwala

Report Presented by Dr Thushara Matiwala

Each year, road traffic crashes claim more than 3,000 lives on the roads of Sri Lanka, while severely disabling more than 40,000 road users. This important but sidelined public health problem, demand the diversion of funds for post-crash management, including the transfer of the injured and treatment at hospitals, which otherwise can be made available for social development activities. This “unnecessary economic burden” to the government, estimated at 3% - 5% of the Gross Domestic Product (GDP) is equal or higher than what is spent on Education by the Government of Sri Lanka. Action initiated to combat this man-made epidemic has continued to be insufficient mainly due to lack of information, focus, direction and a positive approach.

Important reasons identified for this failure are many; ‘absence of reliable, accurate and timely data, inability to develop a unified national plan to due to the hierarchical layers among the policy makers and the reluctance of the key players to discuss the issue at a common forum, are some of them. Most of the efforts address or react to the situations and needs and are not “Strategic” to identify

and treat root causes for and of the problem.

The Lions Club of Colombo Centennial identified the gravity of this issue and joined hands with the Sri Lanka Medical Association (SLMA) and Rotary Club of Sri Jayawardenepura to form the Expert Committee on Prevention of Road Traffic Crashes (PRTC) along with many government organizations such as the Sri Lanka Traffic Police, Colombo Municipal Council (CMC), Urban Development Authority (UDA), Registration of Motor Vehicle Department (RMV), Noncommunicable Disease Prevention Unit (NCD unit) of the Ministry of Health, Professional Bodies such as the College of Surgeons of Sri Lanka to work towards controlling the situation with short, medium and long term strategies, and plans and launched “SAFE SRI LANKA” to prevent and control road traffic accidents in Sri Lanka

Online Road Safety projects

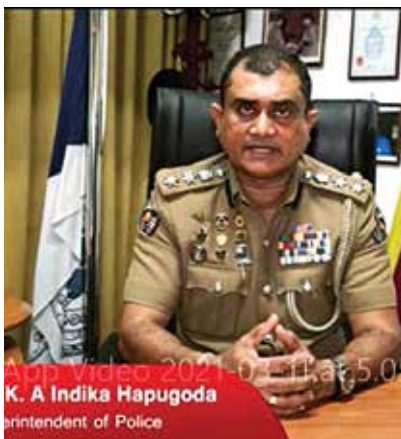
01. Organized a workshop to develop a strategy for Road Safety in Sri Lanka 2021 - 2030

Date - 13th March 2021

02. Organized a Joint online Island wide Road Safety awareness program for school students with Royal Collage Social Services League and Rotary on 23rd October 2021.

Projects completed by organizations affiliated to SLMA - PRTC

- Dr Thushara Matiwala convened PRTC and Mr.



Dilantha Malagamuwa - Brand Ambassador of Safe Sri Lanka Road Safety Project have been elected to the Committee of Sri Lanka Road Safety volunteers committee which is registered under the Ministry of Transport.

- The Lions club has launched a social media campaign and public awareness program on Road Safety with celebrities
- Demonstration of the SLADMS systems as the guest speaker at the College of Surgeon's conference in November/2021
- Launch of eTraffic Police Application

Media presence

Swarnawahini News, Sirasa News, Siyatha Good morning Sri Lanka, Ada.lk Ceylon Today, Newswire.lk - introducing eTraffic Police application

Received much exposure from influencers and renowned media and political figures on the good work of eTraffic Police; Mr. Azam Ameen & Dr Sarath Weerasekara:

SLADMS (Sri Lanka Accident Data Management System) was featured on CILTSL Link Magazine under Editor's Pick Participated in a Webinar session on Road Safety in celebration of the youth safety month in 6th of May 2021 Training sessions conducted by SLADMS at the Grand Kandian Hotel, Kandy in April/2021 Many education material were developd by the committee including leaflet, social media advertisements, videos, etc.

RESEARCH EVALUATION

Chairperson: Professor M. C. Weerasinghe
Convenor: Dr Sajith Edirisinghe

SNAKEBITE

Chairperson: Professor S. A. M. Kularatne
Secretary : Dr Malik Fernando

Report Presented by Dr Malik Fernando

One virtual formal meeting of the Snakebite Committee was held on 18th August 2021; other interactions being through email.

A new member— Professor Eranga Wijewickrama of the Colombo Medical Faculty was appointed in November. Dr Dharshana Kulathilake failed to respond to communications and is considered as having resigned. Professor Kolitha Sellaheewa stepped down as Joint Chair, leaving Professor Kularatne as Chair. Dr Malik Fernando

gave notice of resigning from the post of Hony. Secy. on December 31st, making way for a younger member to succeed.

As decided at the August meeting, the Snakebite Guidelines 2017 (SBG2017), which is currently available on the SLMA website, is being revised in a new format. The Webpage will also be re-designed to make it user-friendly with easily downloadable files and linked articles. The committee members now maintain close contact through a WhatsApp group. It is hoped that the SBG2021 will be ready for uploading in the first quarter of 2022.

The WHO's The Regional Snake-bite Prevention and Control Plan of Action prepared on behalf of the Regional Office for South-East Asia, will be reviewed and drafting a suitable action plan for Sri Lanka including getting the involvement of the Ministry of Health to engage in its implementation will be foremost in the programme of work for 2022. Printing hard copies of SBG2021 will also be pursued.

Dr Malik Fernando will be resigning as Secretary effective December 31st 2021; Dr Namal Rathnayaka will be assuming duties as Secretary from 1st January 2022. Dr Fernando will continue in the committee as Editor.

SUICIDE PREVENTION (ECSP)

Chairperson: Professor Thilini Rajapakse
Convonnor: Dr Anula Wijesundara
Secretary: Dr Chathurie Suraweera

Report Presented by Dr Chathurie Suraweera

The number of meetings held 11

The ECSP undertook several important activities in the past year.

A primary, overreaching aim of the Committee during the past year has been to translate into action the recommendations for prevention of suicide in Sri Lanka, published by this Committee and the SLMA last year. To this effect, we held ongoing meetings with relevant stakeholders from the Mental Health Directorate (MHD) and the Non- Communicable Diseases (NCD) Unit, of the Ministry of Health (MoH) of Sri Lanka – and advocated for establishment of a committee to prevent suicide within the MoH itself, to help translate policy into action. The Mental Health Directorate of the Ministry of Health (MoH) recently created and called the first meeting of an Expert Committee for prevention of suicide and self-harm within the MoH, with representatives from this committee being included.

We have also supported the Sri Lanka College of

Psychiatrists in their endeavors to update the mental health policy document of Sri Lanka, which also lists strategies for reduction of suicide and self-harm. The revised mental health policy was recently gazetted by the government.

Another task carried out by the Committee was submitting a proposal to the Secretary of the Ministry of Health (MoH) on banning several toxic pesticides, with the view of reducing the case fatality associated with self-poisoning by ingestion of pesticides.

During this year the Committee revised its media strategy to accommodate the current pandemic situation in the country; the focus was to provide psychological support to the general public during the pandemic, and to encourage help-seeking if needed.

The activities conducted were

- Publication of newspaper articles to improve the mental health during the pandemic.
- Posters produced for distribution among the public, and via the media
- Media briefing to educate the public regarding post-covid mental health issues

The Committee collaborated with Sri Lanka Press Institute to conduct a webinar to increase the awareness of media personal on responsible reporting on suicides.

Several members of the Committee organized and conducted an online workshop for 30 community psychiatric nurses and psychiatric social workers, to enhance skills on problem solving counselling. The workshop generated a lot of interest among potential participants, and the Committee had to limit the number of participants. The initial training sessions were successfully held on 11, 18 and 25 of November 2021. The resource persons will have several further 'booster' sessions for the workshop participants, during the next 6 months.

TOBACCO, ALCOHOL AND ILLICIT DRUGS

Chairperson: Professor Narada Warnasuriya

Secretary: Dr Jayamal De Silva

Report Presented by Dr Sajeewa Ranaweera

Activities:

1. Letter to President requesting not allow legalization of cannabis in Sri Lanka: The public discourse, especially in the social media supporting different levels of

legalization of Cannabis in Sri Lanka gathered momentum early this year. Following review of this situation, the Committee prepared a statement containing the possible consequences of increasing prevalence of cannabis use in Sri Lanka, which also contained the fact-based answers to the arguments made in favour of cannabis. The salient points were sent in a letter to the President. The points identified by the committee in relation to Cannabis was also shared with the media, which was used by different newspapers in different articles.

2. Opposing marketing of cinnamon cigarettes: The Minister of Industries attempted to promote a cigarette made of cinnamon, also early this year. The committee prepared and issued a press release in March, outlining the consequences of such products, including its possible health consequences and the positive impact of such products and promotions will have on the habit of smoking at the population level. There was wide coverage of this statement on the news media. This product has still not been officially approved for sale.

3. Media Release and letter to Prime Minister opposing internet sale of alcohol and sale of alcohol during the lock-down period: During the lockdown period, there was pressure being brought about by different interested parties to allow alcohol sales through internet. Various unfounded arguments were made in favour of this measure. The Committee prepared and released a media statement in June opposing this move and highlighting the possible health and social consequences of allowing this to take place. It was also pointed out that this was against the current excise laws and the National Authority on Tobacco and Alcohol act which state the places and times for sale, sale to those under the age of 21 years and the current restrictions on advertising. In parallel, a letter was outlining the same aspects was sent to the Prime Minister and the Minister of Finance as well as to the Head of the Covid-19 Task Force. The government desisted from implementing this measure. The SLMA subsequently thanked both the Finance and Minister and the Head of the Covid-19 Task Force in writing on this matter.

4. Appreciation of the support given by the Island newspaper: The daily Island newspaper has long supported the position of the SLMA on issues related to alcohol, tobacco, cannabis, and other substances. In addition to providing publicity for the press releases of SLMA, in June, this paper published an editorial that very lucidly set out the alcohol use in the current context of the country and how government institutions have neglected issue and strongly suggesting action. The Committee, therefore sent a letter of appreciation to the Editor for the long-standing and sustained support given by the newspaper.

5. Opposing internet sales of alcohol during the second lock-down: During the period of the second lockdown this year, the move to sell alcohol during the lockdown and re-opening of the discussion on alcohol sales through the internet was strongly opposed by the Committee. In September, the committee protested in writing to the new Minister of Finance on this move, outlining the social and economic consequences of such steps. Many English and Sinhala newspapers and television channels provided widespread coverage to this media release. The move to reopen alcohol outlet during the lockdown was delayed and the approval for internet sale of alcohol was not given.

6. Providing feedback on the draft Global Action Plan on Alcohol: The World Health Organization developed the Global Strategy to prevent harmful use of alcohol in 2010, with the Member Countries to address the widespread harms of alcohol throughout the world. In 2021, it commenced a development of a Global Action Plan to further strengthen the implementation of this strategy. Once the first draft was released, countries, institutions, professional bodies, and international agencies were requested provide inputs in order to strengthen this draft. SLMA was requested officially by the WHO to provide comments. The Committee convened a special meeting where the draft was discussed in detail. Subsequently each member provided feedback on the different articles of this actions plan, which was summarized and sent the WHO. The comments strongly emphasized the need to shift the title and focus from reducing harmful use of alcohol to reducing the harm from alcohol, which was a different concept, providing technical justifications. Also, it was strongly recommended by the Committee that opportunities given to the alcohol industry to be involved in implementing articles of the action plan was removed, and a separate section on protecting public policies from the influence of the alcohol industry to be included, among many other recommendations.

7. Seminar on issues related to cannabis: The University of Sri Jayawardenepura has organized Seminar on issues related to Cannabis in September, along with a group that was well known to promote use and legalization of cannabis. Following interventions by the Members of the Committee, this event was handed over the resource persons from the committee, who conducted the seminar. Around 150 students studying Criminology, staff members and external participants such as the Commissioner of Ayurveda and representatives from the National Dangerous Drugs Control Board took part. Many issues related to cannabis including the determinants of use, social and individual harms, myths related to its use, economic aspects of cultivation and the possible nexus between the cannabis and the tobacco industry were discussed.

8. Press conference on tobacco taxation: The Committee has been advocating for many years for implementation of an optimal tobacco taxation system from cigarettes in Sri Lanka. Such a system would improve the government revenue, and at the same time reduce the tobacco consumption and harm. Despite the government running short of revenue, cigarette taxes had not increased for over 2 years. The Committee participated in a press conference held in this regard in October, which was organized by the Alcohol and Drug Information Centre, which had partnered the Committee in several activities before. This was given wide publicity in the media, and immediately following it, the Ministry of Health announced that it will recommend a taxation formula for cigarette taxation.

9. Technical support for tobacco control projects of the Institute of Policy Studies (IPS): IPS a high-level government research agency had commenced a project on tobacco control in collaboration with the Cancer Research UK and KIVU International. Members of the committee, at the invitation of IPS, provided technical inputs to this project since 2019. This process continued, with the representatives of the committee being appointed to the Advisory Committee to this project for the years 2021-22.

10. Technical support to the Centre for Combatting Tobacco (CCT) of the Faculty of Medicine Colombo and the NCD Unit of Ministry of Health: As in previous years, the Committee worked closely with CCT, for which it is a technical partner and a member of its technical advisory group. In addition, Members represented the Committee on several activities on the invitation of the NCD Unit and the Mental Health Unit of the Ministry of Health.

11. Position paper on methadone maintenance therapy for heroin users: During the past few years, an international agency has promoted the used of methadone as an Oral Substitution Therapy (OST) for heroin users in Sri Lanka. This has sparked an intense debate within the Ministry of Health and within the medical profession. The Committee opposed this move in several forums during the last few years, providing medical, epidemiological and health system related arguments justify this stance. Since this debate is continuing, the Committee commenced the development of a position paper on OST. It is in the final draft stage and will be finalized and released soon.

MEDICAL REHABILITATION

Chairperson: Dr Padma Gunaratne

Convenor: Dr Saraji Wijesekara

Report Presented by Dr Saraji Wijesekara

The first ever committee in medical rehabilitation was

formed in year 2021 under the presidency of Dr Padma Gunaratne with a vision of improving the knowledge and uplifting the services of rehabilitation in the country.

The members of the committee comprise of all the subspecialties, allied health professionals and other services involved in the multidisciplinary care of a disabled person.

Many activities carried out throughout the tenure of the expert committee in year 2021. Committee meeting were held monthly for discussion of progress of projects and future activities participated by majority of the committee members.

Training/ Capacity Building

Monthly lectures organized in the virtual platform by local and foreign speakers in different specialties targeting the professionals in all specialties, trainees and medical and allied health students.

Conferences and workshops

Medical rehabilitation conference held on 29th and 30th July 2021

Six main symposia on following topics were discussed within the multidisciplinary team work up.

- Assessment of cognitive capacity and psychosocial rehabilitation of older adults
- Rehabilitation of musculoskeletal disorders
- Management of psychosocial issues – a case based approach
- Community based rehabilitation(CBR)-Constraints in improving CBR in Sri Lanka
- Rehabilitation of patients with Parkinson's disease
- Teamwork in cerebral palsy

Stroke rehabilitation workshops

Two stroke rehabilitation workshops for doctors were conducted with collaboration of National stroke association and Association of Sri Lankan Neurologists in Colombo and Kandy on 18th August and 30th September with the participation of 40 doctors in each workshop. A resource book 'Guide to Stroke Rehabilitation - For Health Care Professionals' was published for the benefit of trainees by the experts.

Revision of National guidelines of rehabilitation with Ministry of health Sri Lanka

Revision of National Guidelines of rehabilitation was carried out by the professionals involved in each category and compiled the revisions and handed over to the ministry of health for printing of the revised guidelines.

Date	Speaker	Title of Presentation
18.03.2021	Rehabilitation of Traumatic Brain Injury	Dr Uditha Jayathunga, Consultant in Medical Rehabilitation, Derby Hospital, UK
22.04.2021	Seminar on Rehabilitation of Amputees	Dr Nayomi Senarathne Mrs. Nuwani Gamage & Mr Damith Weerakkody Mrs. Navoda Wickramasingha Mrs. Shamila Suntharalingam
25.05.2021	Assessment and Management of Spasticity	Dr Nalinda Andraweera, Consultant Physician I Rehabilitation Medicine, Adelaide, Australia
17.06.2021	New Frontier on Health – Healthy Ageing	Prof. Nathan Vytialingam, Dean School of Occupation Therapy, Perdana University, Malaysia
22.07.2021	Rehabilitation Approach to 3D Deformity of the Spine; Managing Adolescent Idiopathic Scoliosis	Dr Nayomi Senarathne, Acting Consultant in Rehabilitation Medicine and Rheumatology, Ragama Rehabilitation Hospital
19.08.2021	Considerations in the Management of the Neurogenic Bladder	Dr Ashani Couchman, Urological Surgeon, Australia
21.10.2021	Cerebral Palsy at a glance	Dr Jayathri Jagoda, Consultant in Rheumatology and Rehabilitation, Lady Ridgeway Hospital for Children
25.11.2021	Dysphagia in the ICU: Does it matter?	Prof Mershen Pilay, Audiologist & Speech Therapist, Massey University, New Zealand

Audio visual module on training on stroke care for health care professionals

Three videos were prepared for training health care professionals on mobility, nursing care, swallowing assessment, nasogastric feeding in stroke patients funded by Ministry of health Sri Lanka and handed over to be distributed for training by the Non-Communicable disease unit of the ministry.

Representation by expert committee in rehabilitation Participation at the meeting organized by SLMA expert committee in birth defects on 3rd March 2021 (World's birth defects day)

At the Presentation of 'Colombo declaration of birth defects care and prevention' to the Hon State Minister Dr Sudarshani Fernandopulle, the expert committee in rehabilitation was represented by Dr Saraji Wijesekara enlightening the audience on 'An inclusive society for individuals with Down syndrome'.

TV programme at Siyatha TV on World autism day (2nd April)

Prof Samanmalee Sumanasena and Dr Nimesha Mutthiah participated at the 'Awareness of autism' programme by Siyatha TV in commemoration of world autism day, on behalf of the expert committee in rehabilitation.

WOMEN'S HEALTH

Chairperson: Professor Sampatha Goonewardena

Secretary: Professor Anuruddhi Edirisinghe

Report Presented by Professor Sampatha Goonewardena
8 meetings were held via zoom during the year 2021.

The following are the activities which were conducted during this year.

1. Research proposal titled 'Challenges faced by female medical doctors on COVID-19 new normal and maintaining good mental health' was written and finalized by Dr Aruni Hapangama. We obtained ethical clearance from the Ethics Review committee of Faculty of Medicine University of Kelaniya. It was circulated via google form on WhatsApp and other social media platforms to PG trainees of different specialties.
2. The committee published two newspaper articles which was published in Divayina and Island newspapers to commemorate the Women's day on 8th of March. The articles were on issues faced by female medical doctors working during COVID Pandemic and on managing children's digitalized education with the new normal.
3. An interview was held with Ms. Kumudini Hettiarachchi of Sunday Times with Professor Sampatha Goonewardena, Dr Aruni Hapangama, Dr Aruni de Silva and Dr Yashodha Rohanachandra on issues related to mental health of females and children during the COVID pandemic. It was published in April 2021 titled "impact of pandemic fallout on women and children".
4. An online webinar was conducted on 28th of July titled "facets of Gender; journey towards development" by four eminent members of the women's committee which was successfully held with good participation. The topics were "Reaching equal health; a gender perspective" by Dr Janaki Vidanapathirana, "Sexual and gender based violence as a health issues" by Prof Anuruddhi Edirisinghe, "Looking at economics through a gender lens" by Dr Deepika Attygalle, "Gender and unpaid care work" by Dr Sepali Kottegoda. The gender factsheet was also launched by Dr Nadeeka Chandraratne.
5. Foundation Session Symposium by Women's Health committee was held titled "Gender Matters and front line worker: COVID-19 Pandemic in Sri Lanka". The four topics were "COVID - 19 and female health care: psychological impact and the resilience" by Dr Aruni Hapangama, "Perspectives of a front-line worker" by Mr. Nalin Herath is a special grade nursing officer, National Hospital Kandy, "Addressing the gender related aspects: role of the media" by Dr Amanthi Bandusena and "Way forward in addressing gender related issues during COVID - 19 pandemic" by Dr Neththanjali Mapitigama.
6. The SLMA Women's health committee were invited for the book launch by Prof Anuruddhi Edirisinghe, Secretary of the Expert committee on women's health on their research on 'unnatural female death' conducted by the University of Kelaniya together with the UNFPA.



24. Continuing Professional Development (Central CPD)



Chairperson: Professor Indika Karunathilake

Convenor: Dr Wasana Jayarathne

Members

Professor Kosala Marambe, Dr Murali Vallipuranathan, Dr Sudath Samaraweera, Dr Umanga Sooriyarachchi, Dr Hemantha Herath, Dr Sunil Senavirathne Epa

This report was compiled by Prof Indika Karunathilake

Appointing committee members for National CPD committee

The new CPD committee was appointed. The committee comprised Prof Indika Karunathilake, Chairperson, Dr Wasana Jayarathne Secretary, Prof Kosala Marambe, Dr Murali Vallipuranathan, Dr Hemantha Herath, Dr Sunil Senavirathne Epa and Dr Umanga Sooriyarachchi as the members.

Meeting with a Ministry of Health Director ET&R and staff

Several successful meetings were held with the staff of the ET and R to reactivate the CPD recognition process at the Ministry of Health level. During the meeting, there were several discussions on updating the national CPD framework and CPD competencies.

Further, the ministry of health identified an administrative structure to implement the process. The National CPD committee will do the accreditation process of the CPD providers, and ministry of health agreed to look after the online delivery in collaboration with the colleges and

administrative process. Ministry has already identified a structure and currently, it is at the approval stage.

Developing CPD competencies for Sri Lankan doctors

SLMA CPD competency framework was updated considering the current trends in continuing professional development. Five CPD competencies were identified including

CPD credit points for each competency were defined. The revised CPD competency framework was discussed at the wider panel of experts, including a representative from professional colleges, members from the national CPD committee, and the ministry of health.

Planning a e portfolio

E-portfolio was identified the best method for CPD documentation. Hence possibilities to develop a customized e-portfolio were discussed with the Health informatics team of the PGIM.

Selecting mentors from the professional colleges

The committee agreed to appoint a mentor for each doctor who wishes to enroll in the CPD process. The representative from professional colleges agreed to identify mentors.

Planning a pilot project in collaboration with Kandy society of Medicine and training center, Kadugannawa
A pilot project is planned using updated CPD competency framework in collaboration with kandy society of Medicine and regional training center- Kadugannawa

25. Monthly News Letter – SLMA News +

Editor-in-Chief: Professor Hasini Banneheke

Editorial Committee: Dr B.J.C. Perera, Dr Sarath Gamini De Silva, Professor Jennifer Perera, Professor A. Pathmeswaran, Professor Nirmala Wijekoon, Dr Achala Balasuriya, Dr Shehan Silva, Professor Sampath Gunawardana & Dr Chathurie Suraweera

The SLMA monthly newsletter has been re-registered in 2020 as SLMA NEWS+ with the National Library and Documentation Services Board (NLDSB) as a monthly periodical with both printed and electronic publication. A new ISSN number was issued for the electronic magazine (ISSN 1800 – 4016).

In 2021, the SLMA Council decided to hire a new page designer and printer for the monthly magazine. Thus it was designed by Mr. Wasantha Siriwardena and printed by RS Printek (Pvt) Ltd. The newsletter was published regularly each month from January and the December issue currently in preparation. There were 32 pages in total with 16 pages for content and 16 for advertisements. The advertisements for the magazine were sought and secured by the SLMA thus generating a steady income of

Rs. 200 000.00 every month throughout the year.

The magazine was circulated to the membership via email. It was also made freely accessible on the SLMA website and Facebook with around 15,000 views each month. A limited number of copies (500 copies) were printed and disseminated to the members who had opted for the printed copy, SLMA council members, authors and contributors of the magazine, professional colleges, faculties of medicine, and the Ministry of Health. To acknowledge and promote the aesthetic talents of doctors and medical undergraduates, the cover page of some issues featured a drawing or a photograph by such an individual. The magazine contained a wide range of articles on a variety of subjects including activities of the SLMA, timely issues related to health, and advancements in the field of medicine in Sri Lanka. In light of the global COVID-19 pandemic, the monthly SLMA NEWS e-magazine served as an effective medium in disseminating useful information and news to the members in a timely manner. In addition, it also provided a platform for highlighting various topics of interest to the medical profession.



26. Social Activities



The Doctors Concert

The Doctors Concert 2021 was postponed to December due to the COVID restrictions imposed in September.

The Doctors Concert for the first time was held at the Dr NDW Lionel Memorial Auditorium of the SLMA on 19th December 2021 at 7.00 pm. This was the first event after the refurbishment of the SLMA premises commenced and concluded in 2021.

There were 22 performances by doctors and their families. One dance item, one skit, one group song, 22 solo/ duet singing performances and the council singing two songs.

The whole programme was meticulously planned by the Musical Maestro & Social Secretary Dr Christo Fernando.



SLMA Dinner

The SLMA Dinner was held at Oak Room, Cinnamon Grand on 3rd December 2021. This was held to appreciate the council members, other medical professionals who supported in many activities of the SLMA in year 2021 and the sponsor who supported the 134th Anniversary International Medical Congress.

The function began with the President addressing the gathering and thanking everyone for their support extended to make all the activities of SLMA a success.

Council members, other doctors kept the audience awake with singing and other entertainment acts. Dr Pramilla Senanyake, Social Secretary made sure that the SLMA Dinner was a success



27. SLMA Cricket

Doctors vs Architects

The SLMA doctors vs Architects cricket encounter was held at the MCG on 6th February 2021. Dr Padma Gunaratne – President SLMA was the Chief Guest at this year's event.

The 2021 Professional League Cricket Tournament

This was held on 27th & 28th March at the Thurstan Grounds. There were five teams (Lawyers, Architects, Engineers, Aviators) participating this year including the Sri Lanka Doctors Cricket Team.

Doctors vs Lawyers

The annual cricket encounter between SLMA and the Bar Association of Sri Lanka (BASL) was held on 12th December 2021 at the Colombo Cricket Club Grounds (CCC).

The two Presidents Dr Padma Gunaratne and Mr. Saliya Peiris attended the event. Few council members were also present to cheer the SLMA Cricket team led by Dr Rajiv Gunaratnasingham.

SLMA FORUM ON SPORTS AND EXERCISE (SLMA SPORTS)

It was seen as a need to promote not only cricket but other sports among the members of the SLMA. Therefore, SLMA Sports was formed in year 2021 with the following objectives:





1. To promote health and wellbeing through sports, exercise, and physical activity among the members of the Sri Lanka Medical Association.
2. To create opportunities for members of the Sri Lanka Medical Association to engage in sports, both at recreational and competitive level.
3. To use and promote sports as a pathway to improve health and wellbeing among general public of all ages in Sri Lanka.
4. Use sports as a mechanism to develop collaborations with other professionals and organisations locally and internationally.
5. To support SLMA and its council in all related activities within the scope of sports, exercise, and physical activity.

28. SLMA Young Members' Forum

Chair: Dr Sankha Randenikumara

Joint Secretaries: Dr Kaushi Attanayakage
Dr Sajith Edirisinghe

The SLMA Young Members' Forum was initiated in March 2021 as a special working group approved by the SLMA Council.

Purpose

To improve the engagement and empowerment of young doctors and medical students in the activities of the Sri Lanka Medical Association.

Objectives

1. To expand the membership of the SLMA by encouraging young doctors and medical undergraduates to join the Association
2. To support all activities conducted by the Council of SLMA
3. To improve soft life-skills among young doctors and medical undergraduates
4. To promote healthy living among doctors and the public to minimize the development of Non-Communicable Diseases.
5. To promote all welfare activities to keep the public and



the profession together on the same wavelength
6. To further promote Environmental Health and Conservation in Sri Lanka

1. Meetings

Meetings were held virtually to finalize the Terms of Reference and year plan.

2. Environmental Health Webinar series

Following webinars were conducted by the SLMA Young Members' Forum to promote environment health and

conservation in Sri Lanka.

- X-press Pearl Vessel Fire; Impact on Environment and Health

Resource persons: Mr Ashoke Weerakoon, Professor Sevvandi Jayakody, Prof Enrique Barros

- The Cost of Conflict on Human and Elephant Health

Resource person: Dr Prithiviraj Fernando

- Let's talk about Plastics

Resource persons: Mr NS Gamage, Dr Sajith Edirisinghe

3. Webinar series on Professionalism and Ethics

As the first step of a webinar series addressing professionalism, ethics and soft skills of young doctors

and medical students, the SLMA Young Members' Forum conducted a session on "Professionalism in Medicine" by Dr BJC Perera, Past President SLMA and Senior Paediatrician.

4. Promoting Environmental Conservation

The SLMA Young Members' Forum fixed name boards for the trees in the SLMA premises with messages related to conservation. The main objective was to promote the concepts of environment conservation among doctors and public.

Dr Sankha Randenikumara

Chair

The SLMA Young Members' Forum

29. Kids Art Creations - 2021

Dr Kalyani Guruge

Dr Sajith Edirisinghe

Annual all island kids art creation was successfully organised by Dr Kalyani Guruge and Dr Sajith Edirisinghe for the 5th consecutive year. The theme for this year was "We are going to draw our COVID stories, Tears and smiles and all the glories" / සිතුවමක කියවෙනා - කතාවක් අපි අඳිමු, ගෙන දුන්නු කොරෝනා සතුට හා දුකද මුසු. The creations were drawn by preschool to grade 10 students and an image was submitted via WhatsApp or email to SLMA. The deadline for submission of art creations was on

30th August 2021 and more than 750 art creations have been submitted. An expert panel of the judges from the Ministry of Education was involved in selecting the art creations. In addition to the standard marking scheme, the creativity of the child's mind, thinking out of the box skills of the child, expression of emotions through the art creations were considered for the evaluation. In each category, 10 winners were selected. (1st, 2nd and 3rd places and 7 other consolation prizes). The awards will be given in year 2022 adhering to government regulations on COVID-19.

30. New Members

(Life Members)

Dr MNK Munasinghe

DrKDR Perera

Dr HMDC Herath

Dr V. Thadchanamoorthy

Dr P.R.S.R.J. Bandara

Dr M.N. Muthukumarasamy

Dr V.C. Wijayanayake

Dr B. A. M. Wickramasinghe

Dr Ruwan Samarathna

Dr C. J. Weerasekera

Dr R. M. V. R. Weerasekera

Dr N. L. De Silva

Dr L. S. Jayasinghe

Dr D. C. S. Perera

Dr H. D. P. W. Perera

Dr C. L. De Silva

Dr G. B. A. M. Rathnasiri

Dr S. I. P. Pathigoda

Dr Y. G. T. Priyawansha

Dr W. D. D. I. Shanthakumara

Dr M. J. N. Fernando

Dr P. R. Ruwanpura

Dr H. S. Dandeniya Arachchi

Dr P. R. Jayawardana

Dr V. V. Thayal Nathsha

Dr K. A. D. Jayathilake

Dr D. A. D. Perera

Dr A. V. C. Gunaratne

Dr H. B. M. U. S. K. Chandrarathne

Dr P. K. D. H. J. L. De Silva Rajaratne

Dr K. W. A. S. Thilakarathne

Dr K. S. Gunasekara

Dr A. R. Fernando

Dr A. Y. Wimalasiri

Dr W. N. S. Dilhani

Dr H. M. I. U. Jayasinghe

Dr N. T. Weerasinghe

Dr Y. M. Rohanachandra

Dr I. A. Liyanage

Dr Y. D. R. M. Gunaratne

Dr R. K. Kalansooriya

Dr R. S. Ekanayake

Dr G. I. M. Jinadasa

Dr B. M. I. U. Mendis

Dr W. M. M. Shashiprabha
 Dr N. A. S. Nishshanka
 Dr L. D. Jayathilaka
 Dr S. D. Nawaratne
 Dr R. A. Y. Malinda
 Dr Selvarasa Mathurahan
 Dr T. A. P. Perera
 Dr L. N. Obadaarachchi
 Dr T. G. A. S. Gamage
 Dr D. M. P. L. K. Abeyrathna
 Dr DMPK Dissanayaka
 Dr HSL Perera
 Dr EM Manoj
 Dr Indika Wettasinghe
 Dr K Ranchan
 Dr Nimangee Mithraratne
 Dr RNA de Silva
 Dr Rukshan Sooriyaarachchi
 Dr GDCH Jayawardena
 Dr Raveendran Sathasivam
 Dr KAD Sameera P Nanayakkara
 Dr CL Liyanarachchi
 Dr W. D. Sudasinghe
 Dr K. C. P. Silva
 Dr A. M. H. Attanayake
 Dr A. M. C. M. Gunathilake
 Dr Dharshini Kantharuban
 Dr M. K. R. Ranga Peiris
 Dr K. M. Buddhinee Pabodha
 Dr I. U. Jayasuriya
 Dr Rohinie Warushahennadi
 Dr C. U. Wickramasinghe
 Dr P. A. C. D. Padmaperuma
 Dr H. G. H. Fernando
 Dr A. D. R. S. Kulasinghe
 Dr G. K. K. Sewwandi
 Dr Medhani Hewagama
 Dr H. S. Pinnawala
 Dr W. C. S. Perera
 Dr P. A. W. Wickramasinghe
 Dr S. D. S. N. Malintha
 Dr R. Sivasupiramaniam
 Dr K. A. S. D. Nanayakkara
 Dr H. K. Amarathunga
 Dr D. G. T. I. Dodangoda
 Dr I. H. Jayasuriya
 Dr Kumarasiri Manage
 Dr P. G. N. S. Jayathilaka
 Dr Tharmini Danisious

Dr D. V. Vipulaguna
 Dr T. W. P. S. Senevirathna
 Dr A. P. Raveendra
 Dr M. H. S. Sumanadasa
 Dr T. N. D. Ranasinghe
 Dr B. Balasubramaniam
 Dr L. A. D. T. Madubashini
 Dr T. K. Sikuradipathi
 Dr N. T. De Silva
 Dr P. M. Pandithasekera
 Dr K. J. Sanupa
 Dr T. K. Y. Tennakoon
 Dr R. N. Gunaratnasingham
 Ms. Sadani Rajika Vithana
 Dr Thakshila Seneviratne
 Dr D. N. Ranasinghe
 Dr P. N. I. Ranasinghe
 Dr I. A. Abeyagunawardena
 Dr J. M. Wickramanayake
 Dr N. M. Mohamed Yaseen
 Dr L. K. Eranda LeeManlasena

(Ordinary)

Dr Abarana Kirithara
 Dr J. W. M. J. B. Seimon
 Dr K. M. R. S. Karunanayake
 Dr H. D. C. Rathnasooriya
 Dr S. R. S. C. Silva
 Dr P. S. Herath
 Dr G. D. K. NERANJAN
 Dr R. S. De Silva
 Dr U. C. Samaraweera
 Dr A. Sivanantharajah
 Dr R. S. Tanner
 Dr J. A. Neville Fernando
 Dr D. S. Jayaweera
 Dr M. D. S. Sudaraka Manathunga
 Dr P. A. Joseph

(Student)

Mr. M.A. Lahiru Cooray
 Mr. M. M. Manchanayake
 Miss. K. G. D. H. Seneviratne
 Mr. T. G. H. Wimalasena
 Mrs. G. H. Wimalasena
 Miss. P. R. Withanachchi
 Miss. A. G. F. Sithana
 Mr. P. D. Seneviratne
 Miss. M. M. Thalpe Guruge

Miss. B. Sivabalarajah
 Mr. D. M. V. B. Dissanayake
 Miss. Dorji Wangmo
 Mr. D. M. L. P. Dissanayake
 Mr. R. H. Wijayasinghe
 Miss. S. Sivarajan
 Mr. A. M. H. Vithanage
 Mr. A. M. P. Jayasuriya
 Miss. J. A. S. L. Jayasinghe
 Miss. T. S. G. Dissanayake
 Mr. W. K. S. K. Jayathilaka
 Mr. I. N. Senevirathne
 Mr. I. H. T. Sudaraka
 Mr. P. A. T. A. B. Wijesinghe
 Miss. P. P. A. S. K. Ratnayake
 Miss. Aruljenani Kumutharanjan
 Mr. Archuthan Nithiyananthan
 Mr. G. G. U. R. Hemachandra
 Miss. K. D. Silva
 Mr. T. D. Wijewardena
 Ms. AS Illukkumbura
 Mr. HK Gihan Anju
 Mr. GH Chamintha Suranjith
 Mr Mohamed Thalal Thariq
 Ms. Preeni Shamika Gunaratne
 Mr. Bhanu Wijetilake
 Mr. Punu Jayakody
 Ms. Pamoda Samaraweera
 Mr. Lemuel Pathmapuvanendran
 Ms. D. P. L. S. K. Magedara
 Ms. Ayesha Lokunarangoda
 Ms. Piranaby Varatharajan
 Ms. A. S. Ilukkumbura
 Mr. S. K. Colombage
 Ms. Cho Den
 Ms. Preeni Shamika Gunaratne
 Mr. S. D. Fernando
 Ms. S. N. Nawarathna
 Mr. T. D. Gampolage
 Mr. P. M. G. K. Warnasuriya
 Mr. T. D. Lamaheewage
 Mr. Sudaraka Pethiyagoda
 Mr. Hiran Herath
 Ms. S. M. Malshi Nadeera
 Ms. S. K. D. D. S. Koralage
 Mr. M. T. Thariq
 Mr. G. H. Chamintha Suranjith
 Mr. H. K. Gihan Anju
 Mrs. A. S. Ilukkumbura

Mr. T. Muhunthan
 Ms. Udulee Wanaguru
 Mr. Laafir Laazim
 Mr. W. J. Emalka
 Mr. M. D. Attanayakage
 Ms. T. Jeyaram
 Ms. Chirathu Fonseka
 Mr. Deepanjana Subasinghe
 Mr. N. D. Hewage
 Mr. Pamudith Karunaratne
 Mr. Avinath Suriyaarachchi
 Ms. K. G. Dhanusha
 Ms. Nimnadi Kalansuriya
 Ms. Kasuni Ranasinghe
 Mr. S. Aravinthan
 Mr. V. Gowrikanthan
 Mr. H. L. D. O. Lashan Maleesha
 Mr. S. S. Gunawardena
 Mr. Javid Aakil
 Ms. S. De Silva Nagahawatte
 Miss. B. Sivabalarajah
 Mr. M. S. R. P. A. De Silva
 Miss. D. S. Abey Siriwardena
 Mr. G. D. C. Fonseka
 Mr. P. F. S. C. Fonseka
 Miss. N. K. N. Fernando
 Ms. G. H. P. D. Premarathne
 Mr. M. O. V. Nishadil Perera
 Mr. N. N. Wijesuriya
 Ms. P. M. Jayasekara
 Ms. Shashini Lunuwila
 Mr. Hansana Priyan
 Ms. H. D. D. S. S. Samaranayake
 Mr. K. C. Wickramasinghe
 Ms. K. A. H. Piyatissa
 Mr. T. K. Samarasekara
 Ms. E. Manoshini
 Mr. K. G. Lahiru Shanaka
 Mr. Thisura Wijewardena
 Miss. Hajanthi Jeyapragasam
 Mr. H. K. Rathnayaka
 Mr. P. G. N. J. Dias
 Ms. Y. Arunakirivasan
 Ms. B. D. Abeyrathne
 Ms. B. A. K. H. Abeywardena
 Mr. J. H. Atapattu
 Ms. B. A. K. H. Abeywardena
 Ms. B. D. Abeyrathne
 Ms. Y. Arunakirivasan

Mr. P. G. N. J. Dias
 Mr. H. K. Rathnayaka
 Ms. B. A. R. I. Mendis
 Ms. C. D. Dassanayake
 Ms. H. M. Y. Dissanayake
 Ms. Najjiya Hanim
 Ms. Hashanthi Suraweera
 Mr. Makewitage Ayesh Gimhan
 Ms. Sivarajalingam Vaishali
 Mr. Pumudu Weerasekara
 Ms. Mayuri Wathsala Kumari De Silva
 Mr. Vidusha Randeniya
 Ms. Tashi Gunaratna
 Ms. Ali Thuhfa
 Mr. B. D. S. Peiris
 Ms. Manthi Katulanda
 Mr. Haren Wijayagunawardane
 Ms. Gavithra Shanadi Ranpatabandi
 Ms. Paranthaman Shiyamali
 Mr. Daveen T B Warnakulasooriya
 Ms. Priyanjalaa Sumanasekara
 Ms. Alana Rahuman
 Ms. Sarah Karawita
 Ms. Chamalee Dammage
 Mr. W. Ravindu Lakna Withana
 Mr. Ragu Saravanan
 Ms. Prathibha Fernandopulle
 Mr. D. M. C. Wickramasinghe
 Mr. Mohammed Jiffy
 Mr. Kalirajah Thijan
 Ms. Vanya Shani Samuel
 Ms. Gayathma Ruwanpathirana
 Mr. Dilanka Indranath Gunawardana
 Ms. Thalatha Ratnayaka
 Mr. A. A. M. Isuru Indrajith Surendra
 Mr. Randika Kusul
 Ms. Madushani Kavindi Rathnayake
 Ms. N. Sathsarani Warnakulasuriya
 Ms. I. K. Henegedara
 Mr. Matheesha Manatunga
 Mr. Uchith Kavintha Abeywickrama
 Mr. U. K. W. D. L L P Amarasinghe
 Mr. Kasun Chandeepra Jayakody
 Mr. Yasara Hewagama
 Ms. Indeewari Poornima
 Mr. Peshala Dayalal
 Mr. Sachintha Lokuyaddage
 Mr. Charitha Chandanayake
 Ms. T. M. Gaveshika Y. Gunasekara

Mr. R. B. D. Madhusanka
 Mr. Glenn Dillon Hannibal
 Mr. Chamod Edirisinghe
 Ms. Rubina Pradhan
 Ms. Puemika C De Silva Kalinga
 Mr. Nipuna Chanuka Perera
 Ms. P K Devini Wijayanthika
 Ms. T. Kirthiga
 Ms. Sinnthuja Udayarajan
 Ms. Hiransha Dewmini Modaragama
 Ms. Bhagya Wijerathne
 Mr. Wisal Prasastha Hathurusinghe
 Ms. Amani Vishwa Udawella
 Mr. Anusha Nimrod Perera
 Mr. S. M. D. Sandamal Ekanayake
 Ms. Hasani Dharmawardena
 Ms. H. Sinoos Fathima Hazzana
 Mr. S Kaveesha Himanga
 Ms. Chamalee Shashikala
 Ms. Beruwalage Kasuni Timasha
 Ms. Ishani Uthpalawanna Wijesinghe
 Ms. Fathima Shayila
 Ms. Shaazina Jabeer
 Ms. Khadeejah Ifthikhar
 Mr. Bodhika Gunathilaka
 Ms. J. M. Thirani Wijewardena
 Ms. Thavisha Pathirage
 Mr. P Pubudu Hasanga Kodippily
 Mr. Tharindu Sampath Gabadage
 Ms. L. Kumarage Sathya Arunodi
 Mr. Shahihtiyan Yogendrarajah
 Ms. Dilara Abeygunaratne
 Ms. Hansini Madhushika
 Mr. Kasun Tharaka Surasinghe
 Ms. D. T. Dilumini Vithanage
 Ms. Iresha Dilhari
 Mr. Darshana Bandara
 Ms. Dinushi Dinayadura
 Ms. B. Nathasha Mannapperuma
 Ms. K. Vakshala
 Mr. W Mithun Chamindaka Alwis
 Ms. Vinuri Attygalla
 Mr. Chandu Gurusinghe
 Mr. Musab Musthafa Hussain
 Mr. Saman Vitharana
 Mr. Prabath Edirisinghe
 Mr. V. Gamage Kasun Sewwanda
 Ms. Rifa Fareedu
 Mr. Pasan Kavinda

Ms. Akila Shaini Fernando
 Ms. Thepuli Karunawallabha
 Ms. Hiruni Subasinghe
 Ms. L H Nisala Amanadie
 Mr. Eshan
 Ms. Thushara Surangie
 Ms. Osuri Athulathmudali
 Ms. Jananie Jayasinghe
 Ms. Elango Riyansiya
 Mr. D. A. U. Hidellaarachchi
 Mr. Chathura Jayan
 Ms. Gimhani Jayasundara
 Ms. Sulakna Thennakoon
 Ms. Thapodha Gangodawila
 Mr. Pravanan Sathasivam
 Ms. S. Subathevan
 Mr. Tharinda Chamod Widanage
 Mr. Manul Bhagya Gunasekara
 Ms. Ramya Ravikumar
 Mr. Harsha Munasinghe
 Ms. Varatharajan Keerthana
 Mr. Aathif Ibrahim
 Ms. Yamini Jeyaratnam
 Mr. Vihanga C Wickramasinghe
 Ms. Dinithi Edirisinghe
 Mr. Vinodh Dissanayake
 Mr. Chamid Jayanga Kokmaduwa
 Ms. Mayumie Prabhathma Leeniya
 Ms. U Chalani Hansika De Silva
 Mr. Geshan Gunawardana
 Mr. M. F. M. Shamli
 Mr. W Supun Isuru Fernando

Ms. K A Gayani Udeshika
 Ms. Rathini Shanmugalingam
 Mr. Udara Karunathilake
 Ms. Nirodha Samadhi Bandara
 Ms. C. Gayanga Weerasinghe
 Mr. Mohamed Safranz
 Mr. Sajana Gamage
 Ms. Maheshi Amaya Bandara
 Mr. Hasindu A Arumapperuma
 Mr. Upaneka Dias
 Mr. Shehan Udayakumara
 Mr. Dinuka Senarath
 Mr. Lalith Nawarathna
 Mr. D Dominic Peries Savial Pulle
 Ms. Yashodha S Devapriya
 Ms. Tekla Darshi Niligamuwa
 Mr. Rukshan Tennakoon
 Ms. G L Achini Kaushalya
 Mr. Pathirage Kaveendra
 Ms. Sithumi Liyanage
 Mr. Bhathiya Bandara
 Mr. Aysha Maryam Zubair
 Ms. Banu Rifka
 Ms. S P Shrini Ishara Chandranath
 Ms. M C Lahiru Wijayabandara
 Ms. Krishani Malsha Adhikari
 Mr. T P De Silva Warushavithana
 Mr. Ishan Perera
 Ms. A Thasneema Sahid Ossan
 Mr. Charuka Hasintha Deshapriya
 Mr. K V L Sandunika Devapriya
 Mr. Sachith Heshana De Silva

Ms. Aayisha Jawfer
 Mr. Ariyahan Vimalachandran
 Mr. Shiran Appuhamy
 Ms. E. L. A. K. Hasanthika Sewwandi
 Ms. Hansika Shavindi Jayaweera
 Mr. C. Lakmal Wickramasinghe
 Ms. Jayanga Herath
 Mr. Chirantha Kuruppuarachchi
 Ms. Armandi Nanayakkara
 Mr. Pirathees Pavalakanthan
 Ms. Ruwanthi Hettiarachchi
 Mr. D. L. Chamara Gayashan
 Mr. D. L. Chamara Gayashan
 Ms. E. L. Deeragoda
 Mr. Infaz Ahamed
 Ms. Varatharaja Thuvaraka
 Mr. Ali Akbar Rafzan
 Ms. Hasini Chamika Sarathkumara
 Mr. K. M. Nirupama Arjuna Bandara
 Mr. Umapathisivam Govarthanan
 Ms. Yasara Semasinghe
 Ms. Banuri De Silva
 Ms. Safa Mariykam
 Ms. Fathima Rusliya
 Ms. Rushirangani Jayasundara
 Mr. R. D. L. Pradeep Jayawardhana

Life: 114

Ordinary: 15

Students: 295

31. Treasurers Report

(Prepared by Honorary Treasurer Professor Asela Olupeliyawa)

The Sri Lanka Medical Association Treasurer's report for 2020/2021 is shown below. In the year 2021 SLMA continued its leading role in both academic and advocacy activities. SLMA conducted its international annual academic congress and provided leadership to national health policies in the face of the COVID-19 pandemic while continuing to engage digitally in training and awareness building activities. The SLMA premises at Wijerama House including the building and the parking areas were renovated while the ICT facilities were enhanced.

The recurrent expenditure of the SLMA for 2021 was mainly for salaries of employees, EPF, ETF, allowance and bonus payments. The total cost for the year 2021 was Rs. 5,836,092/=

The total expenses for the refurbishment of the premises and the routine repairs, maintenance and upkeep for the last 12 months were Rs. 19,356,359/=

The total income from the 134th Anniversary International Medical Congress was Rs. 22,589,523/=. When the expenses

The summary of main refurbishment activities carried out during this year and the relevant expenditure are as follows:

Renovations at Wijerama House	Cost
Refurbishment	
A. Preliminary and general cost items	Rs 1,240,000.00
B. Paving work	Rs 1,231,200.00
C. Painting works	Rs 2,528,600.00
D. Miscellaneous work	Rs 958,600.00
	<u>Rs. 5,958,400.00</u>
ADD Contingencies 15%	Rs. 893,760.00
Front Boundary (without steel works)	Rs. 1,002,060.40
Charges to side Boundary	Rs. 316,920.00
Roof Extension	<u>Rs. 310,000.00</u>
	Rs. 2,522,740.40
Steel Fence	Rs. 8,481,140.40
	Rs. 774,250.00
	<u>Rs. 574,525.00</u>
	Rs. 1,348,775.00
Architect fees	<u>Rs. 500,000.00</u>
Total	Rs. 10,329,915.40
Web Camera for Council Room	Rs. 378,000.00
Computers	Rs. 1,259,700.00
CCTV Camera system	Rs. 779,299.00
Total Renovation	12,746,914.00

The net profit from the Congress after deducting the cost for renovations stands at Rs 6,327,829./= as shown below.

Activity	Income	Expenses	Profit
Annual Congress	Rs. 22,589,523.00	Rs. 3,514,780.00	Rs 19,074,743.00
Profit from Annual Congress		Rs. 19,074,743.00	
Cost of refurbishment		Rs. 12,746,914.00	
Balance		Rs. 6,327,829.00	

for the congress (Rs 3,514,780/=) were deducted the net profit was Rs 19,074,743/=

Bank Balances

The total sum of fixed deposits by the end of financial year 2021 is Rs. 39,610,493/= Total earnings from the fixed deposits during the year amounted to Rs 2,202,508/=

Cash and bank balances in total as of 31/10/2021 remains at Rs.29,114,854/= (including SLMA COVID SAHANA fund balance of Rs. 4,432,542/=)

Total assets less current liabilities inclusive of property, plant, equipment together with cash and deposits is estimated as at 31/10/2021.

I wish to acknowledge with gratitude the guidance of Dr Padma Gunaratne and Dr Sumithra Tissera, the President and Secretary of SLMA, in carrying out my duties as the Treasurer for the year 2021. I thank the Assistant Treasurer Dr Sajith Edirisinghe for his support. A very special note of appreciation is extended to the SLMA Accounts Executive Ms Jayarani Tennekoon in meticulously looking after the accounts and preparing all the financial statements including this report throughout the year.

Sri Lanka Medical Association

STATEMENT OF FINANCIAL POSITION

As at 31 October 2021

ASSETS	Note	2021 Rs.	2020 Rs.
Non-Current Assets			
Property, plant and equipment	3	29,573,331	28,340,128
Deferred tax asset	17.3	6,736,075	3,368,037
		<u>36,309,406</u>	<u>31,708,166</u>
Current Assets			
Advance and prepayments	4	229,343	557,843
Short-term investments	5	39,610,493	38,629,889
Cash and cash equivalents	6.1	34,819,034	18,576,972
		<u>74,658,870</u>	<u>57,764,704</u>
Total Assets		<u>110,968,276</u>	<u>89,472,869</u>
FUNDS AND LIABILITIES			
Funds			
Accumulated fund		90,925,999	71,067,007
Oration and awards reserve	7	1,446,971	1,455,480
Building fund		20,000	20,000
Oration and awards fund	8	5,474,276	5,474,276
Restricted development funds	9	7,995,987	6,456,686
		<u>105,863,234</u>	<u>84,473,449</u>
Non-Current Liabilities			
Retirement benefit obligations	10	1,737,810	1,671,319
Deferred grants	11	1,804,078	1,879,406
		<u>3,541,888</u>	<u>3,550,725</u>
Current Liabilities			
Trade payables		147,316	150,291
Other payables	12	923,607	768,993
Income tax payable		492,231	492,231
Bank overdraft	6.2	-	37,181
		<u>1,563,154</u>	<u>1,448,696</u>
Total Funds and Liabilities		<u>110,968,276</u>	<u>89,472,869</u>

Sri Lanka Medical Association

STATEMENT OF FINANCIAL ACTIVITIES

Year ended 31 October 2021

	Note	2021 Rs.	2020 Rs.
Incoming resources	13	22,929,928	17,985,636
Project expenditure	14	(5,777,787)	(10,883,905)
Surplus/(Deficit) from project activities		<u>17,152,141</u>	<u>7,101,731</u>
Other income	15	18,695,174	20,830,114
Administration expenses		(19,356,359)	(17,900,519)
Net surplus/(deficit) before tax	16	<u>16,490,956</u>	<u>10,031,326</u>
Income tax	17	3,368,037	2,830,793
Net surplus/ (deficit) for the year		<u>19,858,993</u>	<u>12,862,119</u>

The Accounting Policies and Notes on pages 07 to 17 form an integral part of these Financial Statements.

Sri Lanka Medical Association

NOTES TO THE FINANCIAL STATEMENTS

Year ended 31 October 2021

13. INCOMING RESOURCES

	2021 Rs.	2020 Rs.
Subscription and entrance fee	1,316,084	724,295
Anniversary International Medical Conference	15,431,163	10,960,669
Rent income	4,760,218	5,224,750
Auditorium and council room hire	702,500	367,500
Career Guidance seminar	2,000	65,000
Income from Ceylon Medical Journal (13.1)	717,962	643,421
	<u>22,929,928</u>	<u>17,985,635</u>

13.1 Income from Ceylon Medical Journal

	2021 Rs.	2020 Rs.
Sale of journal	2,500	2,500
Processing fee	589,311	475,316
Interest on CMJ	126,151	165,605
	<u>717,962</u>	<u>643,421</u>

14. PROJECT EXPENDITURE

	2021 Rs.	2020 Rs.
Annual academic session	3,204,084	5,196,425
Operational expenditure (Note 14.1)	1,893,445	4,916,614
Ceylon Medical Journal (Note 14.2)	680,258	770,866
	<u>5,777,787</u>	<u>10,883,905</u>

14.1 Operational expenditure

	2021 Rs.	2020 Rs.
Paper advertisement	-	16,875
Auditorium equipment repair	165,465	726,481
Lectures and meetings	622,053	615,438
Foundation celebration session	525,507	-
Career Guidance seminar expenses	-	37,565
Regional conference expenses	-	251,955
Sessions Co-coordinator monthly allowance	287,763	601,009
Medical writing workshop	-	-
Advertising expenses	-	-
Medical dance	-	2,667,291
SLCTR expenses	292,657	-
	<u>1,893,445</u>	<u>4,916,614</u>

14.2 Ceylon Medical Journal

	2021 Rs.	2020 Rs.
Printing expenses	344,000	396,000
Salaries	-	270,000
EPF and ETF	-	40,500
Monthly allowance	292,000	12,000
Bonus	-	-
Telephone and Fax	29,313	35,500
Travelling	-	350
Equipment maintenance	12,145	13,317
Sundry expense	2,800	3,200
	<u>680,258</u>	<u>770,866</u>

Sri Lanka Medical Association

NOTES TO THE FINANCIAL STATEMENTS

Year ended 31 October 2021

15. OTHER INCOME	2021 Rs.	2020 Rs.
Interest income	2,202,508	3,188,992
Sponsorships	3,530,462	9,422,850
Amortization of grants	75,328	78,484
Other donations	9,159,311	1,954,338
Sale of books	43,113	51,387
Sundry income	2,099,539	1,575,539
Electricity income	615,339	784,633
Clinical Trial Registry proposal	492,787	318,016
Income on annual Medical Dance	-	3,458,500
Income on FERCSL conference	158,618	68,310
ERC income	322,887	(74,386)
SLMA - ID	7,000	5,500
Loss on disposal of PPE	(11,717)	(2,048)
	<u>18,695,174</u>	<u>20,830,114</u>

Sri Lanka Medical Association

DETAILED EXPENDITURE STATEMENT

Year ended 31 October 2021

STATEMENT - I

ADMINISTRATIVE EXPENSES	2021 Rs.	2020 Rs.
Salary and overtime	5,200,146	5,627,579
EPF and ETF	653,960	625,597
Bonus	635,946	568,968
Staff welfare	100,126	111,615
Travelling and hiring	132,559	75,370
Gratuity	66,491	124,080
Audit fee and expenses	210,000	230,000
Tax professional fee	22,000	-
Annual Return expenses	102,962	100,812
OPA membership fee	19,500	19,500
Membership fees	-	166,548
Repair and maintenance	1,259,236	653,485
Depreciation	2,238,535	2,205,052
President induction ceremony	901,920	551,000
Printing and stationery	3,293,599	2,851,268
Postage	3,840	53,078
Telephone and fax	324,688	310,560
Water	51,904	67,128
Electricity	1,677,692	1,645,298
Rates and taxes	212,058	212,058
Security charges	413,600	606,532
Internet charges	594,660	230,733
Franking machine	214,912	61,015
AGM expenses	25,431	133,129
Council group photograph	30,200	35,000
Research promotion grant	200,000	-
Daily News publication expenses	-	9,420
Advertisement expenses	19,116	72,500
Law and medical cricket match expenses	250,000	-
FERCAP expenses	-	57,670
ERC expenses	-	-
Bank charges	101,652	58,157
Sundry expenses	399,627	437,367
	<u>19,356,359</u>	<u>17,900,519</u>

32. Tsunami Disaster Relief Project/ Easter Sunday Bomb Blast Relief Project- Batticaloa

Report Presented by Dr Anula Wijesundere

The CMAAO / SLMA Joint Scholarship, administered by the Tsunami Disaster Fund is the main social responsibility project of the SLMA.

The scholarship was launched in December 2006 for children who lost one or both parents in the Tsunami Disaster of December 2004, by investing the generous donation of US \$ 50,000/- by the Confederation of Medical Associations of Asia and Oceania (CMAAO) and is being continued successfully to date.

The number of scholarship recipients in January 2020 was 4. Of these recipients.

Two A/L school going students receive RS 3500/- monthly and lower grade students receive Rs 2500/- monthly. It is intended to give these four an extra payment of Rs 5000/- in December to enable them to purchase school books,

uniforms & shoes etc this year as the schools are now functioning.

As the number of scholarship recipients has reduced from 24 in 2006 to 4 student in 2019, we have provided educational assistance to seven school children who lost one or both parents as a result of the Easter Sunday bombing at the Zion Church in Batticaloa since October 2019. The responsibility of selecting the recipients and launching this educational assistance was handed over to President SLMA 2019 Dr Anula Wijesundere by Dr Suriyakanthie Amarasekera who was in charge of the project since its inception in 2006.

All these payments have been made using the monthly interest accumulated from the original deposit, leaving the capital intact. It is a privilege to be able to extend a helping hand to these young ones who have faced so much tragedy in their lives.

33. Highlights of the OPA in relation to Health

The Organisation of Professional Associations of Sri Lanka (OPA) is the apex body of fifty two (52) Professional Associations involving 32 professions.

The Ceremonial Induction of Engineer Shantha Senerath as the 40th President of the OPA, was held on 26.03.2021 at Golden Rose Hotel, Boralesgamuwa, with Hon. Mahinda Yapa Abeywardena, Speaker of Parliament, gracing the occasion as the Chief Guest.

The 34th Annual Conference which is the flagship event of OPA was held as a hybrid event on 13th and 14th October 2021, focusing on **“Resurgence in the New Order”** the country faced during COVID-19, with special emphasis on Government interventions to control the pandemic and Private Sector participation in a similar endeavour.

Medical equipment, namely “Patient Monitors” used for monitoring Covid patients amounting to Rs.1, 117,000/- were donated to Lady Ridgeway Hospital for Children, Castle Street Hospital for Women and Gampha Base Hospital in June and July.

The following letters in relation to Health, with recommendations of the OPA had been forwarded to His Excellency the President, Honourable Prime Minister

and relevant Ministers, as well as involved authorities and policy makers for suitable action to be taken in implementation.

- i) Letter appealing to HE the President to implement urgent measures to curtail/control the crisis situation due to COVID-19 was forwarded on 21st May 2021.
- ii) Proposals by Experts on how to exit the lockdown of the country after COVID-19 were forwarded to HE the President on 10th June 2021.
- iii) Letter forwarded to HE the President regarding the adoption of School Education System to the new normal with a copy to Honourable Professor G. L. Pieris, Minister of Education.
- iv) Letter appealing not to go ahead with the proposed bill on the Kotalawala Defence University Act without adequate consultation with Professionals and Stakeholders was forwarded to HE the President on 2nd August 2021.
- v) Letter forwarded to HE the President requesting his intervention to resolve the issues faced by Sri Lankan Migrant Workers due COVID19 on 07th September 2021.

34. Collaborative Activities

The Sri Lanka Medical Association and the Sri Lanka Insurance Corporation collaborated project to reduce Road Traffic Crashes

The Sri Lanka Medical Association and the Sri Lanka Insurance Corporation (SLIC) signed a MoU for Public Education on Prevention of Road Traffic Crashes and screening drivers for Non-communicable Diseases. Based on this MoU, SLMA and SLIC conducted three programmes in Matara on 16th October and in Dambulla and Bibile towns on 13th and 20th November 2021. During these identical programmes doctors educated the public on prevention of road traffic crashes using a public address system and screened drivers of three wheelers and heavy vehicles for Non-communicable Diseases. All three programmes concluded successfully following the screening of about 100 drivers in each.

Institute of Policy Studies Sri Lanka and Centre for Policy Impact in Global Health of the Duke University, USA

SLMA in partnership with Institute of Policy Studies Sri Lanka and Centre for Policy Impact in Global Health of the Duke University, USA conducted a virtual Policy Dialogue on 'Planning for Universal Health Coverage Amidst the 4Ds of Health Transition' on 25th August 2021.

Drs Padma Gunaratne – President SLMA, Ruvaiz Haniffa – Past President, SLMA and Professor Samath Dharmaratne – President Elect SLMA were resource persons at this discussion.

Many experts (Sri Lankan and International) on the field of Health & Economics attended as resource persons and participants in this Dialogue.

35. Renovation to SLMA Premises & Upgrade of Office Facilities

Refurbishment of SLMA premises

The President and the Council of the SLMA 2021 embarked on the project to provide a facelift and a complete refurbishment for the SLMA premises out of the profits generated from the sponsorships for the 134th Anniversary International Medical Congress of the SLMA.

The total cost of the refurbishment was Rs. 11.7 million.

The project included

1. Renovating the Conference Room of the building
2. Laying interlocking paving stones to the rear and side driveways
3. White-washing the entire building, external walls and soffits
4. Renovation of the parapet wall on the lane side and construction of a parapet wall with a flower trough and a steel fence on the main road side.
5. Repainting windows and repairing all roof leaks,
6. Relocation of all air conditioners
7. Converting all telephone lines to fibre connections

8. Replacing all three gates with new ones
9. Architectural improvements to the building including lighting system in the front yard
10. Installation of the Internet Protocol Based Digital Surveillance Camera system

Upgrading of facilities at SLMA

The President and the Council of the SLMA paid special attention to upgrade the facilities available at the SLMA office.

- The SLMA received a state-of-the-art Video Camera worth of Rs. 700,000.00 under the sponsorship of the World Health Organization (WHO). The high-quality camera greatly improved the quality of transmission of presentations via the zoom platform at the auditorium of the SLMA.
- Non availability of a Conference Camera System at the Council Room of the SLMA was an impediment for outstation council members to join the Council Meetings. The Council of the SLMA 2021 purchased a Conference Camera System worth Rs.378,000.00 and installed it in the Council Room of the SLMA

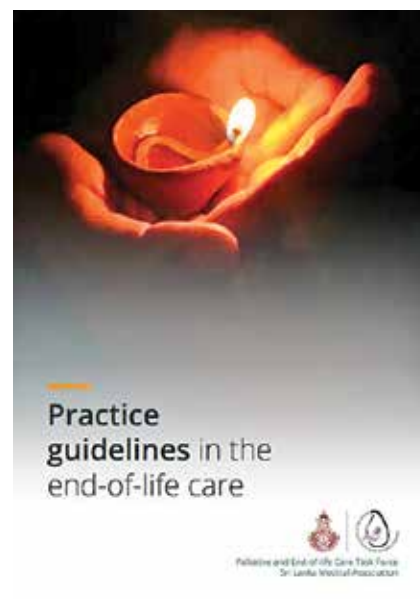
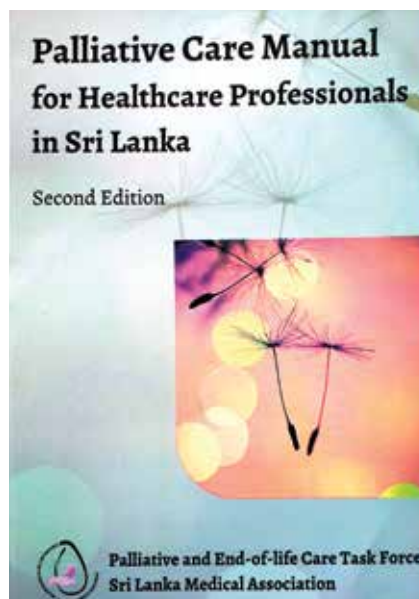
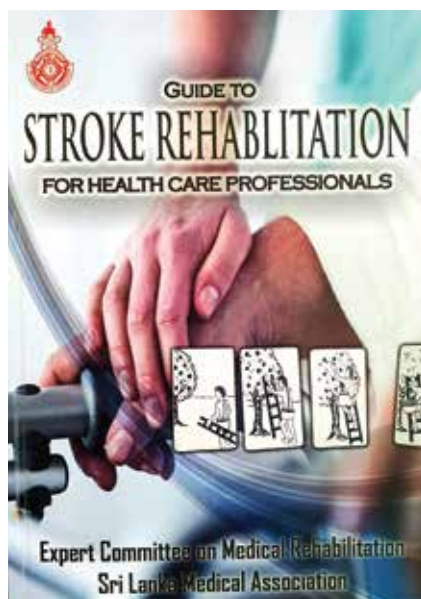
facilitating all outstation council members to join the Council Meetings via zoom.

- All desktop computers available at the SLMA office were older than 7 years and were slow and were causing major problems to the office staff. Dr Pramili Liyanage, Specialist in Health Informatics, evaluated the

computers and recommended replacing them. The Council 2021 purchased and installed 5 brand new Dell Computers worth Rs. 1,211,660.00 to the SLMA office.

- Council 2021 converted all telecom lines of the SLMA to optical fibre connections.

36. Publications



There were five publications that came out during the year 2021.

1. Reflections on 2020

A collection of essays on a range of topics from COVID-19 related issues to medical ethics and social responsibility of doctor. This was originally published as editorials by Dr Chiranthi K Liyanage, Editor-in-Chief, SLMA News+, 2020.

2. SLMA Guidelines and Information on Vaccines

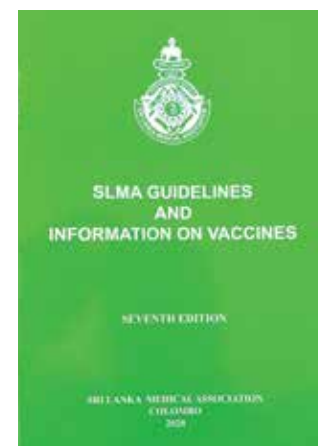
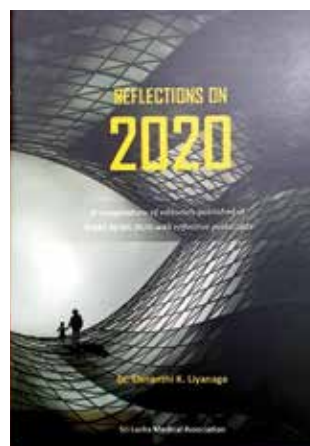
The seventh edition of the book was launched in March. This edition has thirty seven chapters, of which five are new. All other chapters have been revised and updated.

3. Guide to Stroke Rehabilitation

A book compiled by the Expert Committee on Medical Rehabilitation. The book provides a guide to all categories of health professionals providing rehabilitation for stroke patient care. The publication has twelve chapters.

4. Palliative Care Manual for Healthcare Professionals in Sri Lanka

The second edition was compiled by the Palliative & End of Care Task Force of SLMA. This comprehensive book has



eight sections and twenty chapters giving information on palliative care.

5. Practice Guidelines in the End-of-Life

The first ever Sri Lankan guidance for end-of-life care, which is a long-awaited need in the country. It was a joint effort carried out with the representations from several professional colleges and legal fraternity.

ANNEXURES

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ANNEXURE 1 – Response of the SLMA to the issue of COVID-19 death management in Sri Lanka

Response of the SLMA to the issue of COVID 19 death management in Sri Lanka

The ongoing COVID-19 outbreak had many an adverse impact on the world population and the global economy. As of 25th December 2020, over 79.5 million people have been infected with more than 1.74 million deaths worldwide. Sri Lanka has reported over 43,000 cases with over 200 deaths. Since the virus was first identified in December 2019, the number of deaths has been increasing exponentially, causing countries across the world, including Sri Lanka, to develop and enhance emergency measures to combat the virus.

Since the recent past, disposal of COVID-19 dead bodies has affected ethnic harmony in Sri Lanka. In view of the cultural diversity of Sri Lanka, it is essential to have a proper policy for disposal of the dead which is acceptable to all.

Based on the limited scientific evidence available at the initial stages, a decision was made by the Director General of Health Services of the Ministry of Health to cremate all dead bodies of COVID-19 positive patients. Since then, there has been significant unrest among some communities regarding the government's decision to impose compulsory cremation as the only avenue of disposal of COVID-19 deaths. This has the potential to cause much civil unrest. As a result, it was also found that people were generally reluctant to cooperate with the COVID control measures implemented by the Government. Many of them avoided seeing doctors and hence there were several deaths occurring at home without seeking medical attention or treatment.

In view of all these considerations, the SLMA decided to review the situation as a matter of urgency, taking into account some new scientific knowledge available now regarding the COVID-19 disease. It was noted that good health means physical, mental, social, and spiritual wellbeing. The significant adverse impact currently experienced by close family members and loved ones of COVID deaths and the disposal of bodies were also considered.

SLMA had a meeting of the medical experts in all relevant fields on 31st December 2020. After extensive deliberations the following observations were made based solely on the currently available scientific evidence:

1. COVID infection occurs only through respiratory route. There are no reported infections through any other routes, including the gastro-intestinal portal.
2. Virus itself can thrive only inside a living cell. As such, it is unlikely that it could remain infectious within a dead body for any significant period of time.
3. A positive PCR found post-mortem does not necessarily mean that the dead body is infectious.
4. Contamination of water supply by sewage, consisting of excretions and secretions of COVID-19 infected patients could be much worse than any possible contamination from buried corpses.
5. Although there are a few instances reported where viral particles have been isolated from ground water, there are no reports of them being infective. There are no records of such

infection even with older viruses like influenza and SARS-CoV-1, which have been studied in much greater detail.

6. The reported planned exhumation and cremation of large numbers of minks culled in Denmark was not due to any possible contamination of water resources by the virus. It was due to a large amount of nitrogenous waste from these decomposing mink carcasses contaminating the nearby water sources and polluting the environment.
7. Even in the case of severe waterborne diseases like Cholera, burial of corpses was one of the practices of disposal of infected dead bodies.

Based on these observations made, relying on currently available scientific information, the council of the Sri Lanka Medical Association is with the view that burial of COVID-19 dead bodies could be permitted in Sri Lanka.

37. Annexures

■ ANNEXURE 2: COVID-19 Vaccines: The Way Forward to Mitigate the COVID-19 Pandemic

Pandemics due to infectious diseases have occurred through the history of mankind resulting in millions of deaths during these outbreaks. Some infectious diseases such as polio, measles, whooping cough and smallpox caused yearly infections in humans. Immunization has led to eradication of infections such as smallpox. Vaccination is considered the most successful and cost-effective medical intervention ever introduced that prolongs human life from infectious agents. As a solution to the global COVID-19 pandemic that has caused 82 million deaths so far, an effective vaccine is the best hope in the horizon.

COVID-19 pandemic is completing one year of existence by December 2020. Already over 80.8 million confirmed cases reported worldwide with 1.7 million deaths. New cases are detected over a million daily escalating the number of deaths in thousands worldwide. The transmission dynamics shows rapid spread across countries with additional concerns due to newly reported mutations of the virus with serious public health implications.

The mitigation strategies imposed up to now to control transmission, show only limited success, as most of those factors are human behavioral related ones and hence difficult to implement in full potential in a short span of time. In such circumstances, as per any viral infection, the ultimate preventive outcomes will be by achieving herd immunity of the population. This is possible only with two options;

- (1) at least 70 percentage of the population getting infected and developing passive immunity or
- (2) active immunization of the population with a safe and efficacious vaccine for COVID-19. Thus, the second option is the only public health intervention available at present to halt the transmission of COVID-19 infection to prevent

health, and socio-economic adverse outcomes.

Development of a vaccination strategy in Sri Lanka needs to be deliberated within this context. In addition, unique features of the Sri Lankan health system, logistics and human resource availability and deployment also become key factors in decision making on immunization against COVID-19. Further, immunization against a disease is a “Public health goal and function”, hence, should not be discussed or decided in the context of a “private good”. Thus, as a country with resource poor setting, that possess long history of effective immunization programme against preventable childhood immunization, we should be extra vigilant of incorporating a new vaccine to its arsenal to make optimal utility. Initiation and continuation of immunization for COVID-19 should be the responsibility of the government.

Concerns to be addressed in deciding the strategy for the use of COVID-19 Vaccine could be summarized as mentioned below:

The intention of the vaccination initiative could be to achieve one of the two outcomes. (1) Minimize mortality (2) to reduce transmission. Obviously, the target group for achieving those two outcomes are different. In order to minimize mortality, most at risk for mortality need to be targeted and to reduce transmission, most likely to be exposed need to be targeted.

The decision of prioritization should also be advised by the availability of the quantum of vaccines at each phase of the programme. At present the Covax facility only guarantees vaccines for 20% of the country's population based on the availability with no timeline mentioned. Hence, all the decisions are tentative.

In order to bring back life to normal, the following populations can be immunized:

1. The first category for prioritization should be frontline health workers/ other frontline personnel/ others directly caring/providing services to COVID-19 positive patients in treatment centers. This is totally based on the exposure time and the risk of infections.
2. The data across the globe clearly points that elderly population has the highest mortality rates, particularly above 70 years of age; increasing trend in mortality with increasing age. Mortality of confirmed cases show 20% or higher age specific case fatality rates over 80 years of age. In addition, those age groups comprise of the highest percentages with comorbidities, especially metabolic related diseases that show relatively higher mortality associated with COVID-19 infection. Similar findings are found in unpublished death analysis data from Sri Lanka as well. Thus, if the Sri Lankan strategy is to reduce the mortality of COVID-19 at the initial stages of immunization against COVID-19, the target group needs to be those of over 60 years of age. However, it should be noted that proportion of 60 years and above population in Sri Lanka at present is almost 15% (Population census 2011- 12.4%)
3. The third category for prioritization need to be those who are below 60 years of age with clear record of two or more comorbidity status with evidence of medical complications. Hence, a possible option will be to immunize them at medical clinics adhering to due procedures of selection.
4. Individuals working in factories, economic centers, teachers, airport staff and in crowded environments

5. Populations living in areas of high risk of transmission: those in overcrowded living conditions

Therefore, immunization of these vulnerable populations along with approximately 50% of the Sri Lankan population is likely to bring life back to normal with opening of educational institutes, continuation of economic activities and the usual care for non-COVID-19 patients in hospitals. In addition, it will bring down the enormous costs involved in treatment of COVID-19 patients, large scale PCR testing, costs involved in maintaining isolation areas.

The type of vaccines available and those which have completed required trials

Since the onset of this pandemic, all vaccine manufacturing companies and many research institutes around the world, have put in all their efforts and resources into developing vaccines for COVID-19. Although the vaccines have been developed rapidly, the clinical trials were also carried out rapidly. The different phases of the clinical trials overlapped with each other, enabling faster completion of the trials from phase 1 to phase 3. The production of vaccines started with the commencement of the phase 3 clinical trials, so that they would be immediately available for public use at the end of the trials.

Currently there are 56 vaccines undergoing clinical trials and 3 which have completed phase 3 trials (the Russian Sputnik vaccine also will be finishing soon). Almost all are two dose vaccines. The details of these vaccines are as follows:

1. Pfizer vaccine (mRNA vaccine): approved by several regulatory authorities such as FDA, EMA, UK, Canada, Switzerland
2. Moderna vaccine (mRNA vaccine): approved by FDA. This vaccine is only likely to be available in USA
3. Oxford/Astra Zeneca vaccine (viral vector vaccine): completed phase 3 and currently under evaluation

at WHO and many regulatory authorities

4. Sputnik V (viral vector vaccine): almost completed phase 3 and has been submitted for EUA by WHO, registered in Russia

The data of the first three vaccines have been published in peer-reviewed journals and the data of Sputnik V will be published soon. All regulatory authorities listed above, will not compromise the safety on the public at all when giving regulatory approval. However, World Health Organization has not certified any of the vaccines for use in COVID-19. The scientific evaluation of the vaccines that are approved in US FDA and other countries is still on. It is important to note that, license issued for emergency use inherently reminds that the scientific evidence on safety and efficacy is still not fully complete.

Other potential vaccines

Several other vaccines are currently undergoing phase 3 clinical trials and the safety and efficacy data will be available soon.

1. Janssen pharmaceuticals (viral vector)
2. Sinovac (inactivated virus)
3. Sinopharm (inactivated virus)
4. Bharat Biotech (inactivated virus)
5. Novavax (protein subunit)

Storage facilities required for the vaccines.

1. -70 C storage: Pfizer.
2. -20 C storage: Moderna
3. 2 to 8 C: Astra Zeneca, Sputnik V, Janssen, Sinovac, Sinopharm

Currently Sri Lanka lacks storage facilities for Pfizer and Moderna vaccines

Vaccine efficacy and duration of protection

The Pfizer and Moderna vaccines have shown to have an efficacy rate of 95%, while the Oxford/Astra Zeneca vaccine has reported an overall efficacy rate of 90% (low dose followed by standard dose regime) in prevention of symptomatic infection. The duration of protection is currently

not known. However, some individuals (few) with natural COVID-19 infection, who experienced asymptomatic or mild illness have reported to have been re-infected. Therefore, if COVID-19 vaccines can provide long lasting immunity, or if vaccinated individuals will have to receive regular booster doses to maintain immunity to COVID-19 is currently unknown.

Approach to obtaining sufficient doses for the Sri Lankan population

1. COVAX: 20% of the Sri Lankan population. Vaccines to be given to Sri Lanka over a period of 1 year possibly starting from the 2nd quarter of 2021. Will get more if certain developed countries, make more vaccines available (e.g. Canada has ordered 10 times more vaccines than they require, which might be available for the rest of the world through COVAX).
2. Government to government discussions regarding obtaining the above vaccines at a cheaper price. This should be done immediately, while the safety and efficacy data are been assessed by the relevant regulatory authorities.
3. Discussions with manufacturers in different countries, facilitated by the respective governments and private sector. e.g. serum institute India, which manufactures the Astra Zeneca vaccine

Obtaining facilities for ultra-cold temperatures if required (currently not available in SL)

- To engage in active discussions with the private sector for possible contribution
- Investment in -70 C freezers in key government hospitals in Sri Lanka. One freezer for each district for vaccine storage (a -70 C freezer is 2 million). These freezers can be subsequently utilized by all virology/molecular biology laboratories in these hospitals in the future. Therefore, the investment will not be a waste.

Side effects of the vaccines

The Pfizer, Moderna and AstraZeneca vaccines have shown to cause pain at the site of immunization, mild fever, tiredness, muscle pain, joint pain and chills in some individuals for 24 to 48 hours following immunization. These side effects were more in younger individuals when compared to older individuals. Most of these side effects were after the second dose rather than the first dose.

Anaphylaxis has been reported in those with a past history of severe allergies (any cause) or in those with a past history of anaphylaxis to vaccines. While some countries have contraindicated the use of the Pfizer vaccine until further data is available in those with allergies, the US has asked to take precautions when immunizing such individuals

Costs of the vaccines

All the vaccines listed above

require 2 doses given 3 to 4 weeks apart. The approximate cost of one dose of the vaccine is given below. However, the cost is likely to be significantly lower, if the manufacturers could be directly approached, or there are government to government negotiations.

- AstraZeneca: US\$ 3.5 (per dose)
- Pfizer: US\$20 (per dose)
- Moderna: unlikely to be available outside the USA
- Sputnik V: cost not available

Vaccines for infectious disease are one of the greatest scientific achievements for mankind in the 20th century. Sri Lanka has one of the best immunization programs in the whole world and one of the countries with the highest immunization coverage against infectious diseases. Given that safe and effective vaccines for COVID-19 are available and some

have been currently given to almost millions, after completion of phase 3 clinical trials, it would be important for Sri Lanka to actively pursue all avenues of obtaining vaccines.

The Sri Lanka Medical Association wishes to highlight the importance of pursuing all available options to obtain available vaccines that are safe and effective, and to take measures to make them immediately available to the high-risk populations after proper assessment and proper regulatory approvals. SLMA believes the already established Advisory Committee on Communicable Diseases in the MoH over two decades would be the most appropriate mechanism for recommendations of vaccines.

The money and effort that is invested in pursuing a vaccine for local community will definitely

favour the country's economy as well as the health of the population.

ANNEXURE 3: Letters forwarded to HE President



SRI LANKA MEDICAL ASSOCIATION

Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

22nd April 2021

His Excellency Gotabaya Rajapaksa,
The President of the Democratic Socialist Republic of Sri Lanka,
Presidential Secretariat,
Colombo 01.

Your Excellency,

Imminent threat of a Third Wave of COVID-19

The Sri Lanka Medical Association (SLMA) along with the Intercollegiate Committee of all Medical Professional Organisations, wish to bring to your kind attention the imminent threat of a third wave of COVID-19 outbreak over the next three weeks or so and the essential need to take all possible precautions to mitigate the outbreak.

At the COVID Committee meeting held on 21st April 2021, the clinicians reported to the SLMA their observations on the rapidly increasing number of COVID-19 positive cases, numbers requiring hospital admissions, oxygen and increasing needs of Intensive Care Unit (ICU) management, in their clinical settings and the increasing number of positive reports at the lab settings. Further, it was also highlighted that the already allocated ICU beds for COVID-19 patients are all occupied at present.

Suspicion of a new presentation with atypical manifestations and possible rapid transmission has also been noted. Presentation of younger patients with more serious symptoms also has been noted. The clinicians working at the Lady Ridgeway Hospital, have also observed the rapidly increasing number of positive cases of COVID-19 among children. Presence of a new variant with possible rapid transmission was suspected following preliminary laboratory studies. Confirmation of this with further testing is awaited. The possible new variant is suspected to be a new mutation of already prevalent Sri Lankan index organism or a virus introduced newly from another foreign country.

When taking these observations into consideration, the SLMA strongly feels that a third wave of COVID 19 infection would become unavoidable unless stringent public health measures are reimposed for a few more weeks or months. The new variants may be able to escape the immunity generated by vaccination as well. Furthermore, public education to alleviate stigma involved with the diagnosis of COVID-19 also is extremely important.

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SRI LANKA MEDICAL ASSOCIATION

Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

Strengthening all health care facilities allocated for treatment of COVID-19 patients needs urgent attention.

We, from the SLMA Council and the Intercollegiate Committee, would be grateful to you if an appointment could be kindly granted to us to discuss this issue further with your good self. We remain committed to assist in all your endeavours to safeguard the health of the nation.

Thank you,

Yours truly,


Dr. Padma S Gunaratne
President, SLMA


Dr. Padma S Gunaratne
MD (SL), FRCR (Gen. Med.), FRCR (Gen. Med.), FRCR (Gen. Med.)
FRCR (Gen. Med.)
President
Sri Lanka Medical Association

Copies to

Hon. Mrs. Pavithra Wanniarachchi, Minister of Health
Hon. Dr. Sudarshini Fernando, State Minister of Primary Health Care, Epidemics and COVID Disease Control
Hon. Professor Channa Jayasumana, State Minister of Production, Supply and Regulation of Pharmaceuticals
Dr. P. B. Jayasundara, Secretary to H E the President
General Mr. Shavendra Silva, WWV RWP RSP VSV USP ndc psc MPhil
Major General Dr. Sanjewa Munasinghe, Secretary, Ministry of Health
Dr. Asela Gunawardana, Director General of Health Services, Ministry of Health

Letter 1. – Continuation



SRI LANKA MEDICAL ASSOCIATION

Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.

03rd May 2021

His Excellency Gotabaya Rajapaksa,
The Executive President of the Democratic Socialist Republic of Sri Lanka,
Presidential Secretariat,
Colombo.

Your Excellency,

Control of the third wave of COVID 19 epidemic in Sri Lanka.

The Sri Lanka Medical Association, being the premier association of medical professionals in the country, believes it has so far contributed positively towards your efforts to control the current COVID epidemic.

There has been a very significant escalation of the number of patients and hence its complications recently. As such we consider it our duty to bring to your notice our serious concerns and some suggestions to improve the situation.

1. As all curative services are being overwhelmed, it is necessary to increase such capacity urgently. We suggest that temporary wards are opened utilizing open halls like meeting venues which are not being used in the present situation. Nurses and other staff could be mobilized from the armed forces personnel, retired staff etc. This should be complemented with increased facilities for intensive care as well.

2. There is a necessity for a revised strategy for dealing with asymptomatic COVID positive patients. With almost unmanageable numbers, it may no longer be possible to admit them to curative facilities.

3. Testing with PCR is mandatory for recognition of cases followed by isolation and contact tracing. Facilities for testing in adequate numbers have to be ensured with no restrictions.

4. We note with much concern the reported scheme to let Indians enter the country for quarantine purposes before they proceed to a third country. According to our past experience, strict control of such quarantine measures is near impossible here. With the epidemic causing havoc in India with viral strains with multiple mutations, there is a grave risk of entry of such mutant viruses here. Hence there should be a total ban on tourists, specially from India, coming through airports and other ports of entry.

5. Restrictions on the free movement of people in the country is another area that needs urgent attention. Such movement was mainly responsible for the increased spread of the disease after recent holidays. It appears that restriction of variable degrees should be implemented immediately. A full lockdown if necessary, should not be delayed for economic or other reasons. Opening of schools and universities need to be further delayed.

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Letter 2. – 3rd May - Control of the third wave of COVID 19 epidemic



SRI LANKA MEDICAL ASSOCIATION

1. We stress the need for availability of accurate epidemiological data for proper planning of a strategy for disease control.
2. As it was already stated by Your Excellency, vaccination with a suitable vaccine, at least for 70% of the community, as early as possible, is essential to achieve control of this deadly infection. As such, it is essential that we exert maximum effort to acquire adequate doses of vaccine for people in Sri Lanka.

In view of the urgency of the situation, we at the SLMA would be much obliged if you could grant us an early opportunity to discuss these matters further with Your Excellency.

Thank you.

Yours truly,

Dr. Padma Gunaratne
President
Sri Lanka Medical Association

Dr. Padma S Gunaratne
MD (SL), FRCP(Edn), (Glasg Lond), FCCP, Hon FRACP
FAM, FMSO
President
Sri Lanka Medical Association

- Ce: 1. Dr. P. B. Jayasundare, Secretary to the President
2. Hon. (Mrs) Pavithra Wanniarachchi, Minister of Health
3. Dr. Channa Jayasumana, State Minister of Production
4. Dr. Sudharshani Fernando, State Minister of Primary Health Care
5. Dr. S. H. Munasinghe, Secretary, Ministry of Health
6. Dr. Asela Gunawardena, Director General of Health Services, Ministry of Health



SRI LANKA MEDICAL ASSOCIATION

6th May 2021

His Excellency Gotabaya Rajapaksa,
The President of the Democratic Socialist Republic of Sri Lanka,
Presidential Secretariat,
Colombo 01.

Your Excellency,

Grave concerns of the SLMA, GMDA, AMS and SMIC on the Current Situation of COVID-19 Epidemic in Sri Lanka

We, the Sri Lanka Medical Association (SLMA), the Government Medical Officers Association (GMOA), the Association of Medical Specialists (AMS), together with the SLMA Intercollegiate Committee (SMIC), consisting of all establishments of medical professionals in Sri Lanka, wish to inform you in unison, that we are very deeply concerned of the currently prevalent crisis situation of the COVID-19 outbreak in Sri Lanka.

We are quite sure that Your Excellency would agree with us that the number of cases diagnosed and the deaths related to COVID-19 are rapidly escalating and the knowledge of the likely presence of at least thrice the diagnosed cases in the community is intensely worrying. We wish to emphasise that all healthcare resources are being overwhelmed, as indicated by the rapid increase in utilization of all health sector beds and healthcare facilities by COVID-19 patients. The number requiring oxygen is very quickly and exponentially rising while waiting for intensive care unit (ICU) and hospital beds, is also occurring. We might soon face a COVID disaster of unprecedented major proportions where we will even have to be selective as to whom we treat and whom we are compelled to succumb to the disease.

Since early April, requests for PCR to laboratories are exponentially increasing. All laboratories are working twice or so above their capacity that could be safely accommodated. However, despite being stretched to their maximum capacity, there is a backlog in all hospital laboratories island wide. There is rapid utilization of existing supplies of consumables and reagents as a result of the tremendous pressures imposed on these laboratories. In such a scenario of

[illegible]

Letter 3. – 6th May - Grave concerns



SLMA

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Inundation of the laboratory facilities, we may even be compelled to make decisions as to confine testing to only selected patients who could be provided in-hospital care.

The facilities for Non-COVID diseases are also being curtailed and even deprived while their management is getting neglected, leading to an unavoidable increase in deaths of patients with Non-COVID diseases.

At the present time, the numbers of patients waiting at home for a bed in an intermediate COVID-Care centre being made available, are of grave concern. Significant delays in providing beds and in-patient care to those who really deserve has become a frequent occurrence. In such a context, an increase in deaths over the next three weeks or more would be unavoidable.

The healthcare workers are likely to be physically and mentally drained and the fatigue in them, induced by the impending disaster, is going to be considerable and unavoidable. The COVID deaths may reach unprecedented levels and a grave national catastrophe is a real potential threat in the near future.

As such it has become essential to provide relief to overwhelmed hospitals and to do everything possible to buy time until at least 60 per cent of our people are vaccinated.

The medical aspect of the battle against COVID also has its economic implications, and if the spread is not rapidly brought under control, the cost will further escalate exponentially.

In this backdrop, we, as most concerned representatives of the institutions representing all medical professionals in Sri Lanka wish to most earnestly and kindly request Your Excellency to consider implementing the following recommendations as early as possible.

1. Implement strict restrictions of movements of people by very stringent implementation of the Extraordinary Government Gazette notification on controlling COVID-19, published in October 2020.
2. Decide on implementation of selected Lockdown Processes of certain areas, based only on scientific evidence of the density of caseloads. Restriction of inter-district movement of people would also be necessary if and when indicated.
3. Maintain supplies to and services provided by selected essential service sectors and economic hubs under stringent monitoring for COVID-19 infections and scrupulous attention to preventive strategies.
4. Authorize the isolation of families at homes, along with home management of asymptomatic cases, while being carefully and assiduously monitored by health care professionals. This should be complemented by arrangements being made for early transfer of needy patients with pneumonia, to the closest designated hospitals.
5. Strengthen the curative sector by supplying adequate facilities such as beds, oxygen and ICU facilities.
6. Strengthen the laboratory services island wide for diagnosis of COVID-19 with PCR testing and also by ensuring steady and uninterrupted supply chain.



SLMA

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7. Implement widespread vaccination in adequate doses at the earliest possible opportunity.

Your Excellency, we hasten to most kindly convey to you that our concerted efforts are always dedicated towards strengthening your hands in gaining control over this nasty virus. We earnestly feel that this is indeed the time to act decisively and expeditiously. If all of us do not put our collective shoulder to the wheel, the authorities may be compelled to implement even stricter lock down control measures as well as even curfews, to try and control the ravages of this pandemic. This contention on the principles on which our recommendations are based would need to be conveyed to the general public too and it should be clearly reiterated that if the government does not act now, it would mean even more severe and sustained hardships for the general populace in the near future.

We remain, Your Excellency, committed as always, towards the welfare of our nation.

Thank you.

Yours truly,

Dr. Padma Gunaratne
President, SLMA

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Hon. Professor Channa Jayasumana, State Minister of Production, Supply and Regulation of Pharmaceuticals
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Professor M. C. Wernsinghe

19th May 2021

His Excellency Gotabaya Rajapaksa,

The President of the Democratic Socialist Republic of Sri Lanka,
Presidential Secretariat,
Colombo 01.

Your Excellency,

Re: A request for extending the highest level of attention towards COVID-19 containment

We, the Sri Lanka Medical Association (SLMA), the Government Medical Officers Association (GMOA), the SLMA Intercollegiate Committee (SMIC) and the Association of Medical Specialists (AMS) wish to thank you personally and the Government in general for the steps taken in recent days, accommodating our repeated requests and suggested initiatives to curb the escalating numbers of new coronavirus infections and the increasing number of deaths due to COVID Pneumonia.

All medical professionals, both in the preventive sector, as well as and especially in the curative sector, wish to inform you that it will not be long before the hospitals are flooded with patients, completely inundated and the medical staff are stretched way beyond their capacity, resulting in a serious breakdown of our health sector all over the country. As the current state of the infection is of very high transmissibility, it does not appear as if any of the steps implemented so far have been good enough or effective enough to achieve any kind of control of the infection.

When the infection is spreading this extensively, there is no country that has managed to contain the infection without a strict lockdown being declared. As such, while acknowledging the very significant short-term hardships the common man will have to face, we see no option other than a strictly implemented lockdown as an effective strategy that is left to contain the infection.

Therefore, we together and in unison, most respectfully demand the government to go for a two week (14 day) lockdown or even a curfew, continuously and at a stretch, of the entire country, considering the following scientific observations.

1. 14 days cover two cycles of the incubation period of the infection that is likely to be adequate to break the chain of uncontrolled spread of the disease.
2. The infection is rampant in all provinces, making inter-provincial travel restrictions to be of no useful benefit at this stage of the outbreak.

3. As isolation of Grama Niladhari (GN) divisions occur with a 5 - 7 day delay following the detection of cases, isolation of GN Divisions does not serve the purpose of restricting the transmission of infection. By the time the GN divisions are isolated, the infection with an inherent very high transmissibility has spread way beyond the GN divisions.
4. Country-wide lockdown for just a few days at a stretch will not have any significant effect on the case load or transmission of the disease as it does not cover even one incubation period (14 days) to reduce infectivity and transmission of the infection.
5. Repeated, intermittent and short lockdowns, with people coming together for work in enclosed areas following this, will not have any benefit on the economy as it will only create a scenario that will only increase the numbers of COVID-19 cases within these premises
6. Letting people go out according to National Identity Card numbers is unlikely to serve any purpose at this stage of infection characterised by very high transmissibility.

In addition, a 14-day complete lockdown or a curfew at a stretch at this crucial juncture will have a much healthier impact on the economy, in the formal as well as the informal sectors, and the health sector, rather than isolating sections of the country randomly or by inter-provincial travel restrictions. The people should be kept informed in advance of the decision to declare a lockdown or a curfew. That would enable the populace to attend to their essential needs in advance. Hospitals should also make use of the interval to streamline and upgrade the services to be made available to patients, including special care and intensive care facilities and optimal supplies of oxygen.

We earnestly hope that Your Excellency would be kind enough to take our suggestions in a positive manner as all of us professionals feel that we, as experts in the healthcare field, need to offer our considered advice to you at this crucial time to take the correct decisions for our country and its people.

We, thank you, in anticipation of your urgent attention to the sentiments expressed in this communication to you, as our Executive Head of State.

Yours Sincerely,

Dr. Padma Gunaratne
President - SLMA

Dr. Anuruddha Padeniya
President - GMOA

Dr. Lakshman Fernando
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Convenor - SMIC

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Letter 4. - 19th May 2021 - A request for extending the highest level of attention towards COVID-19 containment



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2nd June 2021

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2. The need to review the vaccination programme

We are appreciative of the decision taken by the Government of Sri Lanka to vaccinate healthcare officials and other frontline workers such as the police, the tri-forces etc., initially with the highest priority.

However, we are of the opinion that the vaccination strategy as implemented at present is flawed and needs a composite review urgently. In a setting particularly troubled by a continuous short supply of vaccines, we emphasize the need for an efficient vaccination strategy targeting high-risk groups to achieve maximum control which would avoid the necessity for repeated lockdowns.

In cognizance with the data available from the rest of the world, the death analysis of patients from the MoH, Sri Lanka, indicates that 73% of deaths occur in people over 60 years of age and 83% of deaths were in people with co-morbidities. Research findings have clearly demonstrated that vaccination reduces deaths and complications in patients infected with COVID-19. Research evidence does not support benefits of vaccination to reduce transmission of infection unless a large majority of the population is vaccinated. **As such, there is clear and compelling evidence to support prioritisation of vaccination of older adults more than 60 years, followed by people with comorbidities in the age group of 30 – 60 years.** However, there is no appreciable benefit in vaccinating people with the highest mobility in so-called hotspots, as is currently carried out in the Sri Lankan setting.

Furthermore, we emphasize the need of a definitive roadmap providing priority of vaccination in certain geographical locations. Presence of a roadmap would help in gaining the confidence of our people on the vaccination programme. Selection of Grama Niladhari divisions of high-risk locations for vaccination cannot be recommended as the infection would have already spread and the majority would have developed immunity by the time the vaccination programme is carried out. The opinion of experts with regard to selecting the geographical location is to select high-risk provinces or districts and to vaccinate high risk people in crowded areas such as main cities in those selected provinces or districts. **An equal amount of vaccines could also be given to hospitals to immunize high-risk people with comorbidities.** Along with vaccinating high-risk persons, people working in higher numbers in enclosed areas with longer shifts in economic hubs and other essential congregate settings also could be prioritized.

We urge the Government of Sri Lanka to provide a solution to the 600,000 people awaiting the second dose of the Covishield vaccine as early as possible. We see that offering them the first dose of Sputnik V following a quick clinical trial of the efficacy of such a manoeuvre as a reasonable option to solve the issue. Monitoring antibody levels 2 weeks following vaccination with Sputnik V in about 100 people who have had the 1st dose of Covishield vaccine may provide a reasonable answer to this question. The importance of documenting the adverse effects during such a clinical trial also needs to be emphasized.

Further, we wish to highlight the need in future to reserve the second dose in instances where a second dose is in the schedule.

3. Reporting meaningful data

We understand that the primary role of the Epidemiology Unit of the Ministry of Health is surveillance and reporting the data in a meaningful manner to facilitate the decision-making process aimed at mitigating the outbreak.

Your Excellency, **Mitigation of COVID 19 infection in Sri Lanka**

The SLMA is ever grateful to Your Excellency and the Government of Sri Lanka for declaring a "lockdown" (restriction of movement throughout the country) at the most crucial hour, which essentially salvaged Sri Lanka from getting into the abyss of a major catastrophe; a breakdown of the healthcare system of the country which in turn would have led to a breakdown of all systems.

I, along with the SLMA Committee to advice on matters related to COVID 19, wish to bring to your kind attention the following important facts with regard to controlling of COVID-19 epidemic in Sri Lanka. In addition to the SLMA Council members and the members of the Intercollegiate Committee, Professor Neelika Malavige, Professor Malik Peris and Professor Kamini Mendis, contributed to the discussion.

1. Recommendation with regard to the continuation of the lockdown

- We gathered information from consultants working in clinical settings and laboratories to find out the current usage of the capacity of the health care system
- Physicians indicated that the brunt of the outbreak is now concentrated in the main hospitals and all wards are well over their full capacity with symptomatic patients. There are many COVID patients as floor-patients in medical wards.
 - Information from the ICUs indicated that other than the dedicated 82 ICU beds, another lot of about 70 more patients are treated in ordinary ICUs at the time of discussion. This situation compromises the care given for patients with Non-COVID issues. There are about 500 more patients on oxygen therapy, treated in High Dependency Units.
 - Consultants from laboratories indicated the same or higher rates of PCR positivity despite overall PCR positive numbers remain same, when compared to previous weeks.

This information confirms that hospitals are overwhelmed with cases. As expected, it is too early to see a visible impact of the lockdown on the healthcare system. Opening the country at this juncture would invariably facilitate the spread of the infection leading to increasing number of cases that in turn would cause a complete paralysis of the healthcare system. As such, while we are convinced of the benefits of the lockdown to the healthcare system, **we are compelled to recommend a further extension of the lockdown by at least another week.** Keeping grocery shops opened may facilitate compliance by the public with a longer lockdown.

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We would like to inquire from the Epidemiology Unit of the Ministry of Health as to whether they have data regarding PCR positivity rates in factories that are kept open, in case a necessity arises to advise the Government in this regard?

There had been a significant reduction of the number of PCR tests carried out over the last two weeks. We understand that the majority of reported PCRs are exit-PCRs that do not measure the extent of transmission in the community. Unless PCRs are carried out proactively, it is likely that the usefulness of the results of analysis of samples with a majority of exit-PCRs will remain low despite the disease spreading rapidly. Similarly, unless the disaggregated test results based on context categories and geographical locations are analysed, the inference made by all PCRs together is likely to be most erroneous.

We are informed by one of our experts, Professor Kamini Mendis that they are in the process of compiling a document giving important surveillance indicators. **We urge the Epidemiology Unit of the Ministry of Health to pay more attention to the surveillance indicators and present the data of relevant indicators to arrive at meaningful decisions.**

We, from the SLMA Council and the Intercollegiate Committee, would be greatly indebted to you if an appointment could be kindly granted to us to discuss this issue further with your good self.

We remain committed to assist you in all your endeavours to safeguard the health of the nation.

Dr. Padma Gunaratne
President, SLMA

Dr. Anuruddha Padeniyia
President, GMA

Dr. Lakkumar Fernando
President, AMS

Prof. Thamasri Makuloluwa
Convener, SMIC

Copies to

Hon. Mrs. Pavithra Wanniarachchi, Minister of Health
Hon. Dr. Sudarshinie Fernandopulle, State Minister of Primary Health Care, Epidemiology and COVID Disease Control
Hon. Professor Channa Jayasumana, State Minister of Production, Supply and Regulation of Pharmaceuticals
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Dr. Asela Gunawardana, Director General of Health Services, Ministry of Health

Letter 5. – Continuation



SRI LANKA MEDICAL ASSOCIATION

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11th June 2021

His Excellency Gotabaya Rajapaksa
The President of the Democratic Socialist Republic of Sri Lanka
Presidential Secretariat
Colombo 01.

Your Excellency,

Re: Effectively controlling the current COVID-19 Epidemic in Sri Lanka

This communication is further to the letter sent by the Sri Lanka Medical Association (SLMA) dated 2nd June 2021, requesting to extend the lockdown till 14th June 2021.

We appreciate the "lockdown" that was declared by the Government, even in advance of the request of our medical profession. This intervention would have prevented a large number of deaths, and averted an enormous amount of suffering to the people of this country. It also prevented the health system, which was running at full capacity at the time, from collapsing. The timely implementation of the "movement restrictions" prevented a major disaster to the health care system and the country as a whole.

Now that movement restrictions have been in place for nearly three weeks, the SLMA committee to advice on matters related to COVID-19 has reassessed the epidemic situation. We find that the number of new cases, though still high, have remained fairly stable. This is a major improvement compared to the time before the lockdown when the COVID incidence was rising exponentially. It will take 2-3 weeks for the "lockdown" to have an impact on case numbers, and even longer, on deaths. This is because of the incubation period of the disease, the time it takes for the disease to progress, and for people to seek health care.

Secondly, the daily reported COVID cases still remain high because the number of cases at the beginning of the lockdown was extremely high. Therefore it will take a longer period of time for the epidemic to decline and to begin to show a decrease in cases. Thirdly, the movement restrictions imposed were not highly stringent. Some workplaces, such as factories and some offices continued to function during the lockdown, and this too will slow the impact of the lockdown.

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Letter 6. – 11th June 2021 - Effectively controlling the current COVID-19 Epidemic



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However, very early information we are receiving from the health system suggests that the number of cases in the community, wards and ICUs may be showing the first signs of decreasing. But if the current lockdown measures are lifted at this point in time, we are certain that the number of cases will exponentially start rising again.

We hereby wish to reiterate that vaccines in general have markedly less action on transmissibility of the infection. Most countries that have effectively controlled the disease have done so by relying on, and stringently implementing public health measures, including very specially, movement restrictions (lockdowns).

Whilst being fully cognizant of the potential impact of severe movement restrictions on the economy, and in particular on the livelihoods of poor people, we are compelled, in the broader interest of the health of the people and thereby for the ultimate safety of the country to recommend the following:

1. To extend the current "lockdown" at the very minimum for a further period of two weeks from the 14th June.
2. To implement the movement restrictions more stringently, allowing only the very minimum number of persons to leave their homes.
3. To increase surveillance for COVID-19 in factories and workplaces that continues to function during the lockdown period, by increasing testing, and isolating positive cases.
4. To disallow tourists from countries that has ongoing COVID transmission, in order to avert the major risk of introducing new, more highly transmissible and deadly variants of the virus.
5. To increase the number of PCR tests done randomly to detect the true number of cases in the community. We understand that at present most of the PCR tests are performed on those who are already positive and recovering (exit PCRs), which will not detect new infections.
6. To improve the communication strategy to get better compliance from people on strictly adhering to the public health measures being recommended for COVID-19 control.

We emphasize the need for the Ministry of Health to use a format of data reporting that will enable the epidemic to be tracked more clearly. In this regard, SLMA will submit a plan for the collection, analysis and presentation of data, suitably stratified, and reported regularly over time, to be able to discern the epidemic trends that will make decision making on controlling the epidemic easier.

Given that the country is currently experiencing a severe COVID-19 epidemic, and considering the factors described above, the Sri Lanka Medical Association urges the Government to extend the "lockdown" further. Only this will prevent a further worsening of the epidemic, and only then will the country benefit from the measures already taken.



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Thanking you, in advance, for your kind consideration of the recommendations presented here.

Yours sincerely


Dr. Padma S Gunaratne
MD (SU), FRCP (Edn), Gao (Lond), FCCP, Hon FRACP,
FAM, FMSO
President
Sri Lanka Medical Association

Dr. Padma Gunaratne
President – SLMA & Chair Person SLM Inter-Collegiate Committee (SMIC)

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Hon. Dr. Sudarshinie Fernandopulle, State Minister of Primary Health Care, Epidemics and COVID Disease Control
Hon. Dr. Channa Jayasumana, State Minister of Production, Supply and Regulation of Pharmaceuticals
Dr. P. B. Jayasundara, Secretary to H.E. the President
General Shavendra Silva, Head of National Operation Centre for Prevention of COVID-19
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03rd August 2021

His Excellency Gotabaya Rajapaksa,
The Executive President of the Democratic Socialist Republic of Sri Lanka,
Presidential Secretariat,
Colombo.

Your Excellency,

Crisis caused by escalating COVID-19 epidemic

We, the Council of the Sri Lanka Medical Association, wish to express our sincere gratitude to Your Excellency for arranging the most efficient vaccination programme that is being implemented island wide. The decision taken to prioritize older people and patients with comorbidities also need to be appreciated. The current COVID-19-vaccination drive must be enhanced and continued with emphasis and monitoring for the compliance with the second dose.

- However, it cannot be expected to have an impact on curbing this current wave of the epidemic as the expected protection takes time to develop. The insufficient coverage particularly in people less than 30 years and the fact that vaccine-induced immunity is not highly effective in preventing infection caused by the fast-spreading delta variant, may contribute further to this phenomenon.

- As at present, there is a rapid escalation of the COVID-19 epidemic, particularly in the Western Province that has reached an extremely serious point now, with all intensive care beds and COVID-wards in hospitals being fully occupied by COVID-19 patients, and there being no medical facilities available to many seriously ill COVID-19 patients. Neither are hospital beds available to new COVID-19 patients who are increasing in number daily at an alarming rate, some of whom are seriously ill. The health workers who are at the frontline of defence are themselves becoming victims of covid-19. Within hospitals COVID-19 infections are being transmitted to patients who seek care for other diseases. Patients with other disease conditions, some requiring urgent life-saving measures are being deprived of treatment because the health system is overwhelmed with the COVID-19 response.

- The current surge is consistent with the spread of the delta variant of the virus, which is both highly transmissible, causes a more severe morbidity and higher mortality. It will take only a short period of time for the delta variant of the virus to spread from the Western Province to other less affected parts of the country and thus, Sri Lanka is on the cusp of a major COVID-19 epidemic; even worse than any previous experiences with this virus.

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- As medical professionals we express our grave concern over this situation and request that immediate measures be taken to prevent the epidemic escalating further.

- Only stringent measures to restrict human movement and avoidance of crowds, combined with the practices currently being enforced and practiced such as mask wearing, hand sanitation and maintaining social distance will have an impact on this wave of the epidemic. The lifting of the restrictions on travel between provinces, and gatherings of people such as at social events, entertainment hubs, places of worship, public transport and offices, will greatly worsen the current extremely catastrophic situation that prevails.

- We, at the SLMA urge the Government to respond urgently to protect the people from COVID-19 illness and death, and to take immediate measures to strengthen the health system to deal with the ongoing epidemic.

We remain committed to assist in all your endeavours to safeguard the health of the nation.

Thanking you

Yours truly,

Dr. Padma Gunaratne

President – SLMA

Dr. Padma S Gunaratne
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11th August 2021

His Excellency Gotabaya Rajapaksa
The President of the Democratic Socialist Republic of Sri Lanka
Presidential Secretariat
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Professor Mandika Wijeyaratne
Dr. K. Y. S. Weerakody

Your Excellency,

The need for urgent action to arrest the unabated escalation of the number of COVID 19 Patients

We wish to bring to the notice of Your Excellency, the relentless escalation of the number of COVID 19 patients in hospitals as well as in the community and the grave impact that this has had on the healthcare system and on the public in general, during the last few weeks in Sri Lanka.

Urgent action to introduce movement restrictions

All hospitals that provide services for the care of COVID 19 patients have exceeded their full capacity and are left with no vacant beds available for any new COVID 19 patients. As hospitals continue to expand space for COVID 19 patients endlessly, the services available for other diseases are also being severely compromised. The spread of the infection among healthcare workers has led to their falling ill leading to a severe shortage of staff. All these have affected the care given for COVID and Non-COVID patients, which is likely to lead to an inevitable breakdown of the entire healthcare system and increasing death rates in the near future. There is an urgent need for a rapid reduction in the number of cases of COVID 19, and this could only be achieved by severe mobility restrictions.

Allocation of Pfizer, Moderna or AZ Vaccines for Over 60 and Other High Risk People

Vaccination significantly reduces severe disease and death caused by COVID 19 infection. Certain vaccines such as Moderna, Pfizer-biontech and AstraZeneca evoke a significant protection following a single dose of the vaccine, while a single dose of Sinopharm provides no protection until two weeks after a second dose is given. As there is a need for rapidly inducing immunity in high risk individuals such as those with comorbidities and in older people over 60 years, we consider vaccinating older people and people with comorbidities with the above-mentioned vaccines would save more lives. They could be vaccinated in the community as well as in the hospitals.

Having taken the above factors into consideration we earnestly request you to seriously consider implementing the following steps urgently.

- To declare a very severe mobility restriction amounting to a lockdown for a minimum of two weeks while maintaining essential services and the programme for vaccination uninterrupted.
- To allocate vaccines that provide some immunity even with a single dose to all elders and to people with comorbidities.



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We hereby wish to state that the Council of the Sri Lanka Medical Association and the Intercollegiate Committee are committed to assist your good self in all your endeavours to safeguard the health of the nation and seek an urgent meeting with Your Excellency to explain in full the implications of the current scenario.

We would be most grateful if an appointment could be granted to us to further discuss this very important matter, as soon as possible.

We thank you, in advance, for your most kind consideration.

Dr. Padma Gunaratne
President, SLMA & Chairperson SMIC

Prof. Thamasi Makuloluwa
Convenor, SMIC

Copies to

Hon. Mrs. Pavithra Wanniarachchi, Minister of Health
Hon. Dr. Sudarshani Fernando, State Minister of Primary Health Care, Epidemics and COVID Disease Control
Hon. Dr. Channa Jayasunara, State Minister of Production, Supply and Regulation of Pharmaceuticals
Dr. P. B. Jayasundara, Secretary to H.E. the President
General Shavendra Silva, WWV RWP RSP VSV USP ndc psc MPHIL
Major General Dr. Sanjeeva Munasinghe, Secretary, Ministry of Health
Dr. Asela Gunawardana, Director General of Health Services, Ministry of Health

Letter 9. – 11th August 2021 – The need for urgent action to arrest the unabated escalation of the number of COVID 19 Patients



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Dr. Banura Wijayaratne

Professor G. Nirmala Wickson

Dr. Dushantha Wijayaratne

Professor M. C. Weerasinghe

1st September 2021

His Excellency Gotabaya Rajapaksa

The President of the Democratic Socialist Republic of Sri Lanka

Presidential Secretariat

Colombo 1

Your Excellency,

Mitigation of COVID-19 Pandemic

On behalf of the Sri Lanka Medical Association and SLMA Intercollegiate Committee (SMIC), I herewith present to you the following documents for your reference and attention.

1. Report of the SLMA Expert Committee (30.08.2021) on COVID-19 on recommendations on priorities for vaccination, the duration of the lockdown and exiting from the current lockdown
2. The detail document on the 3rd dose in primary series for Vaccination against COVID 19

Hope these documents will support you and the Presidential Task Force on COVID-19 in mitigating the COVID-19 pandemic and rolling out the Vaccine Programme in the country.

We remain committed to assisting you and the government in all your endeavours to safeguard the health of the nation.

Thanking you

Yours truly


Dr. Padma S Gunaratne
President
Sri Lanka Medical Association

Dr. Padma Gunaratne
President - SLMA & Chairperson SMIC

CC:

Hon. Keliyana Rambukwella, Minister of Health

Hon. Sudarshani Fernando, State Minister of Primary Health Care, Epidemics and COVID Disease Control

Hon. Dr. Channa Jayasumana, State Minister of Production, Supply and Regulation of Pharmaceuticals

General Shanmendra Silva, WWV RWP RSP VSV USP ndc psc MPHII – Head, National Operation Centre for Prevention of COVID-19 Outbreak

Dr. PB Jayasundara, Secretary to H E the President

Major General Dr. Sanjeeva Munasinghe, Secretary, Ministry of Health

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Letter 10. – 1st September 2021 - Mitigation of COVID-19 Pandemic



SLMA

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28th September 2021

An “Exit Strategy” to emerge from the current “lockdown”

Sri Lanka Medical Association

Background and Rationale

Movement restrictions (‘lockdown’) imposed on 20th August 2021 to control the current wave of COVID-19 in Sri Lanka have now been in operation for 6 weeks. The vaccination programme against COVID-19 is achieving relatively high rates of population coverage with 52% of the population being covered with two doses of the vaccine to date. Resulting from these measures, there is evidence that the number of new cases, hospital admissions, ICU patients and deaths due to COVID-19 are decreasing, calling for a review of the restrictions currently in place. Although it is reassuring that the number of patients requiring critical care, oxygen and the number of COVID-19 related deaths are decreasing, it is evident that transmission of COVID-19, and in particular the more virulent delta variant, is still continuing at a very high rate. Even with the currently limited testing rates, the reported daily number of COVID-19 cases at over 1000, and deaths at around 100 are still very high.

The unrestricted re-opening of the country at the end of the current “lockdown” will lead to a resumption of transmission. Because the prevailing case numbers are high, it is likely to lead to a more rapid rise of cases than previously, despite the high vaccine coverage. This is because vaccine-induced immunity protects mostly against severe disease and deaths, but is not as effective in reducing transmission. Resumption of transmission could lead to another wave of the epidemic which will have extremely negative consequences on the health of the people, and even on the economy (because it will call for further and longer periods of ‘lockdowns’) and will yet again be disruptive on the health system. Therefore, we propose a restrained, phased, and well-monitored relaxation of the current restrictions along the following lines from 1st October 2021 onwards, the date proposed for lifting the “lockdown”.

Activities based on the strategy outline below may be planned and implemented by the district / provincial level authorities, taking into consideration the number of new cases, their capacity to cope with the local case load of COVID-19 and other socio-economic and local factors. Further, it is essential to stress that the public must continue with all Public Health and Social measures (PHSM) in reducing the spread of COVID 19. Stringent monitoring of the COVID-19 cases and deaths would be a requirement for early detection of a potential next wave.

Letter 11. – 28th September 2021 - An “Exit Strategy”

Recommendations for 4 weeks commencing from 01 October 2021

Services and activities

- 1 **Essential services, industries, agricultural work, work in outdoor sites**
Continue as at present with the functioning of essential services, industries, agricultural work strictly in accordance with prevailing health guidelines.
- 2 **Sports-related activities**
Encourage individual sports (e.g. badminton, tennis, cycling) rather than team sports (e.g. rugby, football).
- 3 **Home delivery services**
Encourage home delivery services for dry rations, food etc.

Mobility restrictions

- 4 **Inter-Provincial travel**
Continue to enforce restrictions on travel between provinces except for essential services.
- 5 **Weddings, funerals, parties, conferences, political and other meetings, musical and theatre events**
Continuing to restrict large gatherings and events indoors. Permit outdoor functions under supervision with participation limited to 25 persons at an event.
- 6 **Restaurants, bars, spas, salons**
Indoor dining and drinking in restaurants and bars to be disallowed. Spas and salons to remain closed.
- 7 **Government and private offices**
All offices to function with maximum productivity but with minimum staffing. Every office should function with only 50% of their staff capacity with workers performing in rotation. Others should be encouraged to work from home.
- 8 **Shops, markets**
Commercial outlets/shops in a town area to accommodate 25% of customers while strictly adhering to PHSM
- 9 **Public Transport**
Only seated passengers to be allowed with strict monitoring for adherence to PHSM
- 10 **Places of worship: temples, mosques, churches etc**
To remain closed to the public.
- 11 **Schools**
To open Schools with <200 students while practicing PHSM.
Commence all other schools with 50% of children attending every other day in rotation while practicing all PHSM

Vaccination

- 12 Consolidating the ongoing vaccination programme until 100% people over 18 years of age are fully vaccinated with priority given for people over 60 years.
- 13 Plan for a booster dose with Pfizer (BioNTech/ Moderna or AstraZeneca) for all people over 60 years

Monitoring

- 14 A stringent monitoring of the case incidence (based on sufficient testing) and deaths followed by a review of the COVID-19 situation at the end of 2 weeks at each level (Central, District, MOH), should guide the formulation of strategies for the period that follows.
- 15 Monitoring could be carried out using public health staff at district/ provincial levels.
- 16 The responsibility for planning for implementation of these strategies and monitoring to be given to the local authorities in each area/city/town.
- 17 Increasing capacity and facilities of the preventive health sector at district and divisional level (e.g. RD and MOH offices) on disease surveillance, and evacuation of patients when necessary.
- 18 Establish several sentinel monitoring sites and promote random testing for early detection of re-emerging outbreaks.
- 19 Increase testing capacity and continue with testing of all suspected COVID-19 patients and testing and quarantining all contacts.

General Public Health Measures

- 20 **Continue implementing the "DReAM" strategy**
Distancing, Respiratory Etiquette, Aseptic Techniques, Mask especially at workplace, public places and during transportation.

The situation and the strategy to be reviewed after 2 weeks

Dr. Padma Gunaratne
President
Sri Lanka Medical Association and
Chairperson SLMA Intercollegiate Committee

Prof. Thamasi Makuloluwa
Convenor, SMIC



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Established in 1887
"Wijerama House", No. 6, Wijerama Mawatha, Colombo 07, Sri Lanka.



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President Elect

Professor Samath D. Dharmaratne

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Professor Indika Karanathilake

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Dr. Kapila Jayaratne

Dr. Lasani Jayasinghe

Dr. Reethanath Jayapala

Dr. Dushantha Malingoda

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Dr. B. I. C. Perera

Professor Jennifer Perera

Dr. Sumithra Tissera

Deshanaya Vidya Jayath Dr. J. B. Perera

Dr. Sanjula Randekemana

Dr. Udayangani Ramadasa

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Dr. P. K. Sathika Sudarawan

Dr. Santhi Seneviratne

Dr. Santhi Seneviratne

Dr. Asela K. S. Thero

Dr. Bhuvanika S. Wijayaratne

Professor C. Nimila Wilson

Dr. Dushanika P. Wickramasinghe

Professor M. C. Wernsinghe

26th October 2021

His Excellency Gotabaya Rajapaksa
The President of the Democratic Socialist Republic of Sri Lanka

Presidential Secretariat
Colombo 01.

Your Excellency,

Recommendations to prevent another wave of COVID-19

While sincerely appreciating the decisions taken by your Government to mitigate the last wave of the COVID-19 outbreak, lessons learnt from the recent outbreaks in countries such as the United Kingdom, Singapore and Israel compel us to believe that another wave is imminent, particularly now that movement restrictions have been lifted. As such, we consider it more important than ever before that precise steps are taken at this point of time within the context of the current regulations to prevent another surge of infections. Another wave of infections will be extremely deleterious to the health and the economy of the country.

We are pleased to recommend the following steps for implementation:

1. **Stringent enforcement of current regulations by monitoring:**
It is noted that although reasonable guidelines and regulations on public health measures have been issued by the Ministry of Health, the implementation of these measures is extremely lax, and that they are widely disobeyed by the public. Many do not adhere to wearing masks, and social distancing is not maintained in public places such as shops, markets, places of worship, and events such as funerals etc. We urge the Government to take adequate measures to enforce these regulations through a system of close monitoring and ensure that health regulations issued by the Director General Health Services are fully implemented.

2. **Third dose/booster of Pfizer vaccine to priority groups:**
It has been established that 7% of elders who received Sinopharm vaccine in Sri Lanka have not developed an adequate level of immunity against COVID-19. The re-opening of schools and lifting of mobility restrictions will significantly increase the risk of these elders contracting COVID-19 infection such as via their grandchildren, and they are more prone than other age groups to severe disease and death.

Furthermore, healthcare professionals are now completing six months following the last dose of their Covishield vaccine and their immunity levels will begin to wane. They will soon be at a greatly increased risk of contracting the COVID-19 infection.

As such, people over 60 years of age, patients less than 60 years with immune deficiency states and all healthcare professionals should be given a third dose / booster of the Pfizer vaccine without delay. This should be considered as one of the highest priority activities to prevent another wave of infections in the near future.

3. **Continue with restrictions on super-spreader situations and events:**
Crowded enclosed environments constitute super-spreader situations for COVID-19 infection. As such we earnestly request the government to delay for a further period of time the complete relaxation of regulations pertaining to public events by restricting numbers at weddings, religious events, funerals, musical shows, gatherings at clubs etc in enclosed environments.

4. **Sustain a high level of case surveillance by testing:**
Early detection of a rise in infections would be extremely important if the next wave of infection is to be prevented. Careful surveillance would enable the government to take prompt action to prevent an escalation of the disease, again. As such strengthening the routine surveillance system for COVID-19 is of paramount importance. In this regard we request the Ministry of Health to maintain a high level of testing for COVID-19 including in the community, and to strengthen the 'Severe Acute Respiratory Tract Infections' (SART) surveillance system in OPDs of all major hospitals.

We, at the Sri Lanka Medical Association remain committed to assist the government of Sri Lanka in all your endeavours to safeguard the health of the nation.

Thanking you.

Yours truly,

Dr. Padma Gunaratne
President – SLMA &
Chairperson SLMA Intercollegiate Committee (SMIC)

Prof. Thamas Makuloluw
Convenor
Intercollegiate Committee

Copies to

Hon. Keshelva Rambukwella, Minister of Health
Hon. Dr. Sudasanthi Fernando, State Minister of Primary Health Care, Epidemics and COVID Disease Control
Hon. Dr. Channa Jayasumana, State Minister of Production, Supply and Regulation of Pharmaceuticals
Dr. P. B. Jayasundara, Secretary to H E the President
General Shavendra Silva, Head of National Operation Centre for Prevention of COVID-19
Major General Dr. Sanjeeva Munasinghe, Secretary, Ministry of Health
Dr. Asela Gunawardana, Director General of Health Services, Ministry of Health

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ANNEXURE 4: COVID-19 prevention tips for inmates of Elders' Homes

65% of deaths due to COVID-19 in Sri Lanka are among patients over the age of 60 years.

It is well documented that the elderly are more vulnerable to COVID-19. Advanced age, multiple comorbidities and medications make them more susceptible as a group. Spreading of the infection to Elders' Homes could have disastrous consequences. In this regard prevention of spread of infection to inmates as well as care givers becomes an important task.

COVID-19 is transmitted by droplets from oral/pharyngeal secretion released during coughing and sneezing. It is predominantly a respiratory tract infection. Older adults with diabetes mellitus, high blood pressure, heart disease, kidney disease and cancers are more likely to develop complications such as life-threatening pneumonia.

It is very important to prevent spreading of COVID-19 infection to elderly living in Elders' Homes. At the same time, prevention of infection among care givers is equally important. Both these parties should take extra precautions during this period in which community spread of infection has been suspected.

At present there are 327 Elders Homes providing shelter for 8062 elders in Sri Lanka.

This document provides guidance for prevention and early identification of COVID-19 infection among elders living in Elders' Homes.

Prevention of Covid-19 Infection among elders and care givers of Elders' Homes

General advices

1. Restrict visitors as much as possible during this period and allow room for only those essential (to those ill, dying, mentally disturbed etc.) for the care of the elders. Those who are allowed should follow all the health measures before and during the meeting (wash hands with soap and water for 20sec/use a sanitizer, wear a face mask properly all

- the time, 1-meter distance, avoid touching people or objects etc.)
2. Those who deliver supplies (food items, other purchases, newspapers, drugs etc.) to the home should not come into contact with elders. The supply route should be separated from the living area of elders. They should avoid them walking through or touching elders
3. Clean frequently surfaces which are used by elders
4. Keep all doors and windows open to have maximum ventilation in the Elders' Home
5. Avoid sharing cups, mugs, plates etc
6. Provide more facilities for hand washing but make sure that floors are not wet and slippery
7. Ensure all follow regular health habits; take care of nutrition and hydration, sleeping adequately. They must use regular medications as prescribed
8. As a habit, avoid touching your face nose, mouth eyes as much as possible
9. As much as possible, try to select outdoor, well ventilated places for activities and avoid indoor overcrowding
10. Stay calm and reflect on positivity and avoid stress as immunity is at its highest when mind is healthy

Specific advice for care givers

1. Wash hands/sanitize every time you enter the Elders' Home. Stay clean and change clothes every day
2. Maintain distance and wear a face mask all the time particularly when in contact with other care givers and relatives of elders
3. When helping elders, employ minimum period of contact with minimum talking
4. Those who are dealing with outsiders (suppliers) should take extra precautions
5. If you go out for any reason, maintain one-meter distance, return as soon as possible and have a full body wash with soap and water and change clothes before meeting elders
6. Wash hands with soap and water before and after preparing food, attending to elders for feeding or the use of a bathroom.

7. Check temperature of elders every morning and isolate those with fever. Also pay attention to symptoms such as a cough, shortness of breath, loss of smell etc.
8. Take all the precautions to avoid yourself becoming infected and look after your health. Eat your food alone and don't share food with others.
9. Make sure you know whom to contact and the health care provider if you or the elders fall ill at anytime
10. Make sure that you are connected with the outsiders for leisure and for important information

Specific advices for elders

1. Optimum control of illnesses to keep them healthy and active (Monitor blood pressure and blood sugar within the home)
2. Minimize elders going out of the Elders' Home.
3. Frequent hand washing and use of sanitizer should be encouraged
4. Should wear a face mask whenever they come into contact with others (caregivers should observe how they put on and remove the mask, make sure they do not switch the sides of the mask)
5. Single dose of vitamin D 60,000 units (cost less than Rs 250 a tablet) and 500 mg of Vitamin C daily is recommended
6. Stay outdoors as much as possible and maintain a distance of one meter from others Avoid visits of relatives/friends or maintain a distance more than 1-meter all the time
7. Engage in religious activity, hobbies and physical exercise
8. Inform care givers if you feel feverish or have any symptoms of cough, sore throat or loss of smell
9. Stay connected using technology such as telephones, tablets and computers. Do mindfulness activities and keep out of stress

Prepared jointly by the Sri Lanka Medical Association & Sri Lankan Association of Geriatric Medicine
For implementation at Elders' Homes in Sri Lanka 2021

ANNEXURE 5: SLMA Doc Call 247 Volunteer List

Names of Doctors who volunteered for the SLMA DoC Call 247

Dr A.R.M. Sanooz	Dr M.T.R.D.K.Weerasena	Professor Antoinette Perera	Professor C. Wijerathne
Dr H K M Suharshi Silva	Dr Duminda Munidasa	Dr Nadishani Ediriwickrama	Dr Channa de Silva
Dr W.K.H.A.Maithripala	Dr Yasintha J. Costa	Dr C. A. P. A. Perera	Dr Channa Perera
Dr W. A. D. L. Amarasiri	Dr Y.Weerasooriya	Dr R.A.V.S.Rajapaksha	Dr Damayanthi Peris
Dr K.G.M. Tanya Karunathilaka	Dr N.O.I. Hewage	Dr Arsitha Jeyarajasingam	Dr Daral Mathiew
Dr P.S.K.Rajapaksha	Dr K P C Dalpatadu	Dr B.H.I. Wickramasinghe	Dr Deepa Gunasekara
Dr Jayanthimala Jayawardena	Dr D Gunesakera	Dr Aravinda Batuwanthudawa	Professor Dinithi Fernando
Dr Carmel Fernandopulle	Dr M A haniffa	Dr D. M. I. Dasanayake	Professor Inoka Corea
Dr B. J. C. Perera	Dr Dasanthi Koralage	Dr S.V. Rabel	Dr Geetha Sathyadas
Dr Rohini Wadanamby	Dr K.M.R.S.Karunanayake	Dr Akalanka Dodamgoda	Dr Indika Jagoda
Dr T. Ruwanpathirana	Dr GKK Ratnayake	Dr Sampath Nanayakkara	Dr Indika Lanerol
Dr Dineshani Hettiarachchi	Dr T.N.K.Gamage	Dr Padma Gunarathne	Dr Tharanga Gamage
Dr G.P.A.D. Weerawardena	Dr V.Karthikeyan	Professor S. wasalathanthri	Professor Gene Perera
Dr Nimal Jayawardana	Dr P G P Ranmini	Professor S. Samaranyake	Dr Sahan Guruge
Dr M. Suganthika Devi	Dr Ruvani Goonewardene	Professor M.C Weerasinghe	Dr Samantha Waidyanatha
Dr Shanika Vitharana	Professor A. Malalasekera	Professor Saroj Jayasinghe	Dr Sameera Siriwardhana
Dr A.S Safreen	Dr Hirosha Fernando	Professor Asela Olupaliyava	Dr Samith Liyanage
Dr Rohitha Lankeswara	Dr M M Mahendrarajah	Professor Senani Williams	Dr S. Rathnasekara
Dr Rukshana Batcha	Dr M.S. Dissanayake	Dr Kamani Wanigasuriya	Dr Sanjaya Madusanka
Dr P.L.M Jayatilaka	Dr (Mrs) M. Rubasinghe	Dr H R P Gunasekara	Dr Sanjeewa Abeysekera
Dr G.L.R.Sampath	Dr A. D. Dissanayake	Dr Dushyanthi Weerasekera	Dr S. Ariyathilaka
Dr M.M.U Minhaj	Dr MB Perera	Dr MS Liyanarachchi	Dr Surani Wijesiriwardena
Dr P. K. S. Sandaruwan	Dr NL Ulluvishewa	Dr A de Abrew	Dr T Udaya N de Silva
Dr T. T. S. Wickramaarachchi	Dr B.K.S.Coorya	Dr Kamal Jayasooriya	Dr Thanuja Herath
Professor P M Atapattu	Dr H M Senarathna	Dr Madubhashini Dayabandara	Dr V P Sinhabahu
Dr S.K.N.L Wijewardne	Dr A.H.M. Marjan	Dr Mahen Kothalawala	Dr W. Karunasekera
Dr A Hamdani	Dr S.M.M.Thasleem	Professor R. Mudiyanse	Dr A.T. Munasinghe
Dr H.S.S.Perera	Dr B.A.M.Sandaruwan	Dr Neranjan Dissanayake	Dr A I Liyanage
Dr A.C.K.Thanaweeraarachchi	Dr D.N.Jayalath	Dr pabasari Ginige	Dr Amila Amarasekera
Dr Sankha Randenikumara	Dr C M A D Chandrasekara	Dr Palitha Bandara	Dr Amila Liyanage
Dr Dimuthu Liyanage	Dr P. G. Aberathne	Dr Parakrama Wijekoon	Dr Anoma Weerawardane
Dr C. D. Ratnayaka	Dr J.K.R.MP.Poddalgoda	Professor P. Galapaththi	Dr Avini Perera
Dr G P N Pathirana	Dr W. S. A. Vithanage	Professor Ranil Jayewardene	Dr Avishka Maduranga
Dr S.M.V Subasinghe	Dr S. Thulashi	Dr Ruwan Wijeyamuni	Dr B D J Damayanthi
Dr Nipunika Senadheera	Dr L. P. C. Saman Kumara	Dr Shanika Witharana	Dr B Geethanchaly
Dr Kumarangie Vithanage	Dr U.M.S.Perera	Dr Shirani Chandrasiri	Dr B Ranasinghe
Dr Dinusha T Marasinghe	Dr R R Rajakaruna	Dr V Swarnakumar	Dr Basnayake
Dr Kalyani Guruge	Dr M. Abeywardena	Dr Nayomalee Amarasekera	Dr B. Raigamkorale
Dr Rujhan Nizam	Dr K. K. S.N. Jayawardane	Dr Ayesha Perera	Dr C.P Amarasinghe
Dr Indira Kahawita	Dr Wathsala Wagasenewi	Dr Chandana Wickramarathne	Dr C. Wikramarachchi
Dr L S Basnayake	Dr H.T.Deepaka Sanath	Dr D.G.I.K Rupasinghe	Dr Chamika Ishara
Professor Athula Kaluarachchi	Dr Ananda Wijewickrama	Dr Darshini Mallikarachchi	Dr C. Chathuranga
Dr I. E. Gunaratna	Professor N. Malawige	Dr Dilan Janasinghe	Dr Chathurika Kempitiya
Dr C. G. Kohombange	Professor I. Karunathilaka	Dr H Rajarathna	Dr D T A Jayathissa
Dr M A Ahmad Rushdhi	Dr Iyanthi Abewickrama	Dr Hashan Senaratna	Dr D. N De Silva
Dr Deepanee Wewalwala	Dr Chiranthi Liyanage	Dr Ishara Lakmal	Dr D. Shanthakumara
Dr Manilka Sumanatilleke	Dr Amitha Fernando	Dr Isuru Perera	Dr D. Godevithanage
Dr M. R. Haniffa	Dr Sarath Gamini de Silva	Dr J H T Dileka	Dr Dhanushma Arachchi
Dr M.K.Ragunathan	Professor Jennifer Perera	Dr Jayathri Jagoda	Dr Dulanja Perera
Dr N. Jayawickrema	Dr Isujith Liyanage	Dr Kanil Weranaja	Dr G I D De Silva
Dr ADKSN Yasawardene	Dr Namal Wijesinghe	Dr Kaushalya Wijesinghe	Dr G. Gopinath
Dr A.A.R.Prasadini	Dr Palitha Abeykoon	Dr Kayathri Periasamy	Dr H R P Gunasekara
Dr K.A.C.Wickramaratne	Dr Mahinda Ekanayake	Dr Manuka Tharinda	Dr H. K. T.M Jayathilake
Dr S.Vasugi	Dr S. Ananthraja	Dr M D I Karunamuni	Dr Heshan Amarasinghe
Dr Ramya de Silva	Dr Ajith Tennakoon	Dr Neeluka Abeyseker	Dr I.R Jayasinghe
Dr Sajith Edirisinghe	Dr Amal Fernando	Dr Nihal Ranjan	Dr Jayanthi jayawardana
Dr V.C. Wijayanayaka	Dr Anidu Pathirana	Dr Nilanka Ranasinghe	Dr K M K L Dayarathne
Dr M.G.U.Sampath	Professor A. Abeedheera	Dr O V Panapitiya	Dr K V H Nimana
Dr Y.P. Senanayake	Dr Anula Wijesundara	Dr Prageeth Wikramasinghe	Dr L.L.R.I Dilakshi
Dr N.S.R. Hewageegana	Dr Ayeshmantha. Peris	Dr Pulasthi Senavirathne	Dr M M Y N B Mapa
Dr JCK Gamage	Dr B. Samarasekera	Dr Rajeev Sathanandaraja	Dr M N F Rimzeena
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Dr Saveen Semage	Dr Chamari Mudalige	Dr Rani Fernando	Dr M R B G S K Damayanthi

Dr Ravindu Anuradha
Dr Ravini Pathberiya
Dr S Sridharan
Dr Mayureshan Kugathasan
Dr Murgadasan Murgadasan
Dr N.H.K.R Nisansala
Dr P G Abeyrathna
Dr P Hiripitiyage
Dr P.R.D.Pieris
Dr R Nanayakkara
Dr R P A N T Rajaguru

Dr M V G U T Gunasekara
Dr M.A.C. Wickramasinghe
Dr Mangalika Silva
Dr V.V.B Liyanagedara
Dr Vasugi Vasugi
Dr WAN Wickramasinghe
Dr W M M K K Wijekoon
Dr W P Ravindu
Dr W.K.D Sewwandi
Dr WMP Weerakoon
Dr Y R S De Silva

Dr R S Vigamage
Dr Ravindu Shehan
Dr Rumeshe Janakantha
Dr Tharindu S. Gabadage
Dr U K A Ishara
Dr U S S Rathnayake
Dr U.C.N Wimalasena
Dr U.G.P Kumara
Dr Uvidu Rajapakse
Dr T Satheesh

Dr Y.B.D.S Kanakaratne
Dr Roshani Dharmawansa
Dr S H Uyangoda
Dr S K T N Wijeweera
Dr S Majeed
Dr Sachith Iman
Dr Sham Weerasinghe
Dr Shanitha Niroshan
Dr Shashika Panakaduwa
Dr T M Perera

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Dr Anjana Amarasekera
Dr Malitha Hettiarachchi
Dr Chaminda Egodage
Dr Fazeena Shanaz,
Dr Rasika Samanali Perera
Dr Kalindu Muthucumarana
Dr Hiranda Dodanwala
Dr Suresha Bandara

Dr Sellappa Prahalath
Dr Sujeewa Gunasinghe
Dr Nadhi Fonseka
Dr B Samanthika Swaris
Dr Rusiru Munasinghe
Dr Aroska Vidyabhushana
Dr C. Nanayakkara
Dr Niroshan Muwanwella
Dr Thilini Hettiarachchi

Dr Asitha Dias
Dr Isira Aravinda Perera
Dr Gayathri Hewawasam
Dr Pancha Nandasiri
Dr Chaminda Goonetilleke
Dr Nirmala Wijerathna
Dr Chadmika Yahampath
Dr Niluka Weerakoon
Dr J.D. Chathurini Wijesinghe

Dr Maliththa Muwanwella
Dr L. Kathriarachchi
Dr Mihitha Ariyapperuma
Dr Prasanna Anthony
Dr Nalika Kodituwakku
Dr T. Wickramasinghe
Dr Prasad Kumarsinghe
Dr Damitha Munasinghege

Names of Intern Medical Officers who volunteered for the SLMA DoC Call 247

Dr T.K.Abeysinghe
Dr K R S De Silva
Dr S. S. Perera
Dr S R Halambage
Dr H.M.D.N.Wijethunga
Dr K.V.S.C.Keppetipola
Dr P.R.Ellangage
Dr T.Y. Ranasingha
Dr W.A.P.Harshana
Dr S. R. Amath
Dr K.J.Bhagya
Dr R.S.Wanigasuriya
Dr T.D.K.T Lakruwan
Dr S R Halambage

Dr E.M.S.S.Ekanayake
Dr I D M. H. Gunawardhana
Dr K.C. Kottahachchi
Dr H.D.K. De Silva
Dr H.D.S Niroshan
Dr M.U.W.Gunaratne
Dr K.G.I.U. Jayawardana
Dr K T S Wijesiriwardena
Dr D.A.A Gamage
Dr B.S. Dilshan Perera
Dr S Gajrohanan
Dr H.S.Munasinghe
Dr A M Ranasinghe
Dr K.T.A.Ariyaratna

Dr E. P. S. Silva
Dr F.A.H.Deen
Dr D.P.C Wijesuriya
Dr S.P Wickramasinghe
Dr Sushmika Ramesh
Dr K.M.T.P.Kulasinghe
Dr S.Gajrohanan
Dr K.C.T. Wijayawardana
Dr R.D.S.P.K.Somarathna
Dr S.T.Rajan
Dr J.A.P.I.Lakshani
Dr H.A.B.P. Hettiarachchi
Dr S.E.O.A. Samarawickrama

Dr J.S. Jayakaduwa
Dr D.P.C Wijesuriya
Dr A Pathmanathan
Dr P. W. S. Chathurika
Dr S. L. Delwatta
Dr S.M.R.Siriwardhana
Dr Y. W. Kodikara
Dr S.Varun
Dr L.R.Vidanagamage
Dr D.T.A.M De Zoysa
Dr H.D.K. De Silva
Dr T.R.M Ruberu

Names of Medical Students who volunteered for the SLMA DoC Call 247

A.Arunkiruba croos
I V N Malshi Kumarasinghe
H.M.Y.R. Herath
S.M.L.H. Samarakoon
K. B. P. A. Kumarasinghe
W.G.M Thisuri Niroma
I.T.D.Sithara Dharmawardhana
E.G.R.N Wickramasinghe
W.M.M.Malithi Pabasara
K.D.D Lakshan
A.M.S.V.Alagiyawanna
A M R M Attanayake
I.S.F.Insha
T.M.W.Gunawardhana
Nalendran Jeevidhan
K. M. A. B. Ilangasekara
T.B.J.S. Gunawardhana
M.A. Afra
W.K.M.S.U. Wickramasinghe
K.A.H.Garsha
A. T. Siriwardana
K.L.D.K. Liyanage
P.A.S.L. Senadheera
Chamika Ishara Brahmana

MN Jayasekera
G.C.Nirman
K.K.D.H. M. Fernando
Y. D.S.Anupamali
R.R.A.R.M. Jayawardana
C J K Mudalige
R.Dhuvarahan
B.A.D.I.S Balasooriya
C.M.N. Fernando
G.D.T.SAMPATH
K.N. Sawandi
Dulanji Beneragama
B.A.N.S Perera
W.W.D.P Mendis
R.G.Nisal Punsara
A. N. K. S. Amarathunga
W.C.U. De Silva
D. K. keerthisena
C.M.C.Shashikala
C.M.C.Shashikala
C.J. Weerasena
Risafa Jawahir
K.W. Kasuni Kumarasinghe
N.A.M.A. Nallapperuma

W.M.Malithi Pabasara
S.A.R.A.Bandusena
V.M.S.Thoradeniya
G.S.T. Kumari
G.G.B.Sarathchandra
K.H.C.Weerasena
M.A.Wanniarachchi
RPLH Kulasinghe
D.S.H.Gamage
M.R. Ahamed Ansy
Thishala M. Dissanayake
K. Thilanka Nirmal Rathnasiri
H.T.C.Dayaratna
I. Fathima Shukra
W.M.C.Y.Lakranda
Himasha Rasanjalee Jayalath
K.K.C.N. Kannangara
D.T.Tharindi
G.A Wijesiriwardhana
V.N.Kannangara
K.D.S.Weerasinghe
A.W.P.M. L. B. Dangamuwa
M. H. J. Pabasara
A.W.V.W Karunasinghe

N.N.K. Nawalage
O.V. Wickramaarachchi
K.G.P.Sandeepa
A.G.Manohari Osudhihansi
A.G.M.Osudhihansi
Thalatha Ratnayaka
W.P.A.N. Wijesinghe
J.P. Navodya Jayalath
C.H.Balasooriya
GB Malinda
D.M. Charith Dissanayaka
Thisaravi N. Bulathge
D.L.Chamara Gayashan
M.H.D.I.Dharmapriya
C.A.Y. Fernando
B.H.D. Hansaja de Silva
K.B.K. Kavinda
K.B.K. Kavinda
G. D. Gunasekara
V Walgamage
K.A.W Chathurika
W. P. A. N. Wijesinghe
R A P U Jayawickrama
L.A.B.Lakpriya

J.G.Basnayake	N.G.A Akalanka Gamage	A. V. Udawella	A.G. Anupama
H.K.W.S Vijerathne	Bhanu Wijetilake	N. Wijerathne	P.C. Munasinghe
J. L. Withana	H.P.Charithri Dulmini	A.M.P.Madhusani	R.L.P Rangana
L.O.V Fernando	M.M.F.Arshana	K.M.K.L.Dayarathne	D. J. M. D. H. N. Jayamaha
Vihanga T. Kariyawasam	T. D. Pathirana	S.M Kasthuriarachchi	M. W. A. D. Rathnesinghe
L.O.V Fernando	M. B. F Hafsa	M.D.N.Rabel	Buddhi Molligoda
U.G.R.P.Piyathilake	Kavya Lambias	H.A. Sadini Upeka	B. Sivabalarajah
D.M.Kulathilake	RS Ranathunga	Dinul Doluweera	Dasuni Amarasekara
S. P. Wickramasinghe	N. W. S. N Nawarathna	K. C. Sadeepa Thilakarathna	P.D.U.U.S.G. Rajapaksh
H.D Navodya	Dulani Seneviratne	K T S Wijesiriwardena	J.A.Y.B. Jayasinghe
D.D.P. Thomas	E.M.S.T. Ekanayake	M. Raveen Lasindu Thennakoon	R.M.S.Anjana
M.R. Chrishtine Cooray	P.S Abey Siriwardana	C.D. Dassanayake	K.R.T Nirmal
H. Gangodawila	K.K.N.S.Gunasekara	T.M.Hapuarachchi	Minura Manchanayake
P. D. I. Sulakkhana	A. Aslam	P.K.Nipun Chamika De Silva	W.L.T. Senarathne
H.M.L.K HERATH	R.D.S.M.Kumari	J. Yamini	K. M. T. Thiwanka
A. M. P. Jayasuriya	A. R. Weeratunga	A.N.C. Athukorala	C.S.Solomons
K.M.M.M.Fernando	B.A.M.T.Guyes	Chulakshi Welikala	S.S Meemaduma
Irushi Oshadee Nawarathna	W.H.R.Amanda	P.D. Seneviratne	P.M.M.Poornima
K.M.N.A Bandara	A.L kushni Dilumka	N.K.K.S Thabrew	D.S.J.J. Subasinghe
W.M.S.W. Kulathilaka	T.D.H.Sammani	J.M.I.Anjana	G.D. Hannibal
A.K.O.M. Jayasena	A.C. Senaratne	Keerthana Varatharajan	K.Sudusinghe
N.Athmika	W.A.S.A Senaratne	P.S.E. Wijesinghe	Aberame Thevapalan
W.A.C.Y.Premadasa	S. G. Ratnasooriya	Senuri Romalya Thenuwara	E.A.D.C.Warshani
B.M.A.P.Balasooriya	M. V. G. U. Gunasekara	T.A.D. Droston	M.A.Y. Mallawaarachchi
M.M.G.S.K.Bandara	D.S.G. Madawala	D.M. T. Dhananjaya Bandara	S.M.R.Siriwardhana
W.A.A.V.R. Dayanadee	Hansani A.K.M	J.A.S.Kaviduni	S.V Pathivila
G.A.Y. Fernando	D.T. Dias	Senuri Romalya Thenuwara	MMM Ashfa
J.P.Shalika jayaweera	K.D.M.Perera	Shrini Chandranath	R.Bhanuka
J.A.A.U.R.Weerasekara	K. Prasadini Ravihari	Mr.D.P.K Maduranga	Pomodi Umayangana
K.P.S.Nuwanthika	S.P Weerakkodi	B.G.P.Hasinthara	L.N.M.Samarajeewa
K.G.S. Vasana Bandara	Y.N. Hewage	Poojanie Chandrasena	K.D. Dahanayake
Kaveesha Silva	W.M.D.N.Weerasinghe	Anuththara Kulathunga	I.F.Thoofa
D. D. Rathnayake	K. P. Ravihari	A.N.N.Athukorala	M.H.P.Kumari
R.L.K.Ranasinghe	Fernando M.M.N.C.	Tharsika Kanganathan	Anjana Sandeep Jayekody
W.M.M.K.K.Wijekoon	Mr. H.D.Jayasundara	E.M.T.W.P.Dinelka Ekanayake	A. S. Welgama
Dulanja Senanayake	A.M. Ranasinghe	D.V.W.Seneviratne	Gayangee Disسانayake
H.A.E Anushika	K.A.K.M.Dayawansha	S.L.D.P.A.Wanigasooriya	P.G.H.H.Sewwandi
M. A. A. Munasinghe	D M N Karawita	H.S.D.Ranathunga	Tharaka Rupasinghe
B.H.T.Sandasepali	Shahana Majeed	G.A.Y.Gamage	T.D.T. Chandima
T.N.Bulathsinghala	K.P.M.Sridhara	M.I.Thilakarathna	D de Silva
J.H.T.S.Jayakody	S.W.D.N Ruwanpura	A.D.P. Dulani	W.D.I.M. Arambegedara
G. G. Hewavitharane	S.S.M Senevirathne	H.T.O.N. Perera	P.D.H.Chathuranga
P.G.V.D.Adithya	Geemini Rodrigo	Nadun Muthumala	MMF.Razaan
M.P.L. Kumara	H.D.H.Dilushan	B.M.M.G.Poorni Hansika	W.M.C.N.Wijesinghe
D C Liyanage	E.A.D.D.Edirisinghe	W.D.H.C.Abeywardena	M.D.Pavithra
M A Padmaperuma	M.B.M.H.N Bandara	N.T.Jayalath	S.M.A.A.V. Manchanayake
D.M.S.K. Dahanagalla	C.P.T.Kavindya	K.K.H.N. Kodithuwakku	D.G.K.L.Gunathilaka
D.M.J.I.Diyagama	W.M.S.N.Bandara	K.W.I.U.Wickramaarachchi	MW.D. Dharmakeerthi
H.M.A Herathmudali	Madhusa D. Jayantha	N. F. Siddeek	B.K.A.M.Rodrigo
H.K.T.Dilhara	Hirushi Weerathunga	D.B.S.Yasodhana	S.D.Hettige
P.B.U.B.Wimalasooriya	G.A.D.S.B. Siriwardhana	M.D.I.Apoorwa	K. M. S. P. Bandara
B.Gihani Thilinka	J.M.C.T.M.Jayaweera	M.G.M.M.M.Jayathilake	M.M.S.A Mudannayake
Thuvraga Thusyanthan	G.A.T.C Dhanawardhana	S.K. Nanayakkara	Sanduni Wijerathne
U.Selvaratnam	W.D.K.S. Premathilaka	K.P.Sandali Umesha	M.N.M.RIHAN
S.G.D.N Samaranayake	P.G. Disسانayake	P.K.H.Ferdinandis	G.S.H. Perera
K G C V Amandi	M.H.A.K.P Karunaratne	K.N.Apsara	K.C.L.A. Perera
W.G.L.Madhusani	H.Thaveesha de Alwis	K.D.R.T.M.Kuruppu	K. P. D. H. Pathirana
M.A.Y.K.Abhayawardhane	L.P. Avishka Maduranga	D.M.C.H.B.Dissanayake	K. Kashyapa De Silva
L.D.Gunawardana	Sasini Jayasuriya	D.N.T.Jayasinghe	N. D. Ruwanpathirana
E.M.T.T.B Ekanayake	M.S.R Zainab	Y.K.Chandrasekara	D.M.L.P. Disسانayake
Y.O. Weerasinghe	G. G. D. N. De Silva	H.D.G.S.Thirimanna	S.A.A.Hasakelum
D.P. Gunasena	S.A.S.N. Samarakkodi	W.S.Sandeepa	Priyanjalaa Sumanasekara
M. A. R. L. Munasinghe	D.M.P.D.Munasingha	P. Sonali	Minura Manchanayake
G.R.V.K.Gunathilaka	H.W.D.N.Hettiwaththa	H.G.B.G.Dharmakeerthi	Ramith Fonseka
P. N. Widanapathirana	R.S.Navodya	K.M.D.S Abewardhana	Sobika Sivanathan
P.R. Withanachchi	D.M.Charith Disسانayaka	H.P.D.R.S. Diwakara	Kasunika Perera
Vishmi Amarakoon	B.D.M.N. Bandara	S.M. Hapuarachchi	P. D. Panchali Kaushalya
D.M.H.C.Abeyrathne	G.R.V.K.Gunathilaka	K. W. A. I. D.Ranasinghe	

ANNEXURE 6: 134th Anniversary International Medical Congress 2021 – Detailed Programme

“PROFESSIONAL EXCELLENCE TOWARDS HOLISTIC HEALTHCARE”

Streamed Live from SLMA, Colombo, Sri Lanka

Main Congress

Venue: NDW Lionel Memorial Auditorium, SLMA, Colombo

Day 1		Tuesday, 21 st September 2021	
6.30 pm	Inauguration Ceremony <i>Chief Guest: Professor Shanthi Mendis</i> <i>Guest of Honour: Dr Palitha Mahipala</i>		
Session 1:	SLMA Oration “Before Breath Becomes Air ... A Personal Odyssey of ECMO in Sri Lanka” <i>Dr Tolusha Harischandra</i>		

Day 2		Wednesday, 22 nd September 2021	
7.30 – 8.30am	Registration		
Session 2: 8.30 – 10.00am	Hall A	Hall B	
	Symposium 1 Communicable Diseases The Changing Landscape of CNS Infections <i>Professor Udaya Ranawaka</i> Leptospirosis <i>Dr Wimalasiri Uluwattage</i> Rickettsial Infections in Sri Lanka: An Overview <i>Dr Kheminda Thilakarathne</i>	Symposium 2 “No one is Safe Until Everyone is Safe” Health Sector Preparedness and Response to Disasters Enhancing Disaster and Emergency Preparedness and Response within Sri Lankan Health System: A Success Story <i>Dr Hemantha Herath</i> Mainstreaming Disaster Risk Reduction into Health Sector in Sri Lanka <i>Dr Priyanga Ranasinghe</i> Hospital Preparedness in Emergencies: HOPE and Beyond (Joint Session) <i>Dr Novil Wijesekera & Dr. Frederick John Abo</i>	
Session 3: 10.00 –10.45am	Keynote Investing in Human Capital: In the Pandemic and Post pandemic Scenarios <i>Dr Trina Haque</i>		
10.45 – 11.15am	TEA BREAK		
Session 4: 11.15 – 12.45pm	Symposium 3 Practical Approaches in Geriatric care Sarcopenia and Nutrition <i>Professor Matteo Cesari</i> Practical Approach to Management of Diabetes in Elderly <i>Dr Uditha Bulugahapitiya</i> Detection of Frailty in Primary Care <i>Dr Duncan Ronald Forsyth</i>	Symposium 4 Microplastics: Are we Under Threat The Problem of Microplastics: Are We Under threat? <i>Dr Sajith Edirisinghe</i> Current Status of Microplastic Pollution in Sri Lanka: Findings of Concern on Human health <i>Mr W R W M A P Weerakoon</i> Legal Provisions on Microplastics and Single- use Plastic Waste Control in Sri Lanka <i>Mr N. S. Gamage</i>	

Session 5: 12.45 – 1.45pm	Hall A	Hall B	Hall C
	Free Paper session 1	Free Paper session 2	Free Paper session 3
1.45-2.45pm	LUNCH BREAK		
Session 6: 2.45 – 3.15pm	Plenary 1: Diabetes Novel Concepts in the Management of Diabetes <i>Dr Noel Somasundaram</i>		
Session 7: 3.15 – 3.45pm	Plenary 2: Obstetrics Respectful Maternity Care During Childbirth <i>Dr Probhodana Ranaweera</i>		
Session 8: 3.45 – 4.30pm	Dr. S. C. Paul Oration Acute Coronary Care in Sri Lanka: Revelations from the First Ever National Clinical Audit <i>Professor Priyadarshani Galappatthy</i>		
4.30 – 5.00pm	TEA BREAK		

Day 3	Thursday, 23rd September 2021		
8.00 – 8.30am	Registration		
Session 9: 8.30 – 9.00am	Plenary 3 – Digital Health Care Digital Health Care in Sri Lanka <i>Mr Abdul Ahamed</i>		
Session 10: 9.00 -10.30am	Hall A	Hall B	Hall C
	Symposium 5 Future of Medicine and Medical Technology Wearables in Healthcare <i>Professor Gamini Rajapakse</i> Robotic Arm and Minimal Invasive Surgery <i>Dr Alastair Lamb</i> Whole Exome Sequencing for the Diagnosis of Rare Diseases <i>Dr Helen Stewart</i>	Symposium 6 Learning from Paediatric Deaths Clinician's Perspective on Paediatric Deaths & Review <i>Professor Shaman Rajindrajith</i> Paediatric Death Reviews <i>Dr Rajesh Mehta</i> Infant Death Surveillance - The Sri Lanka's Model <i>Dr Kapila Jayaratne</i>	Symposium 7 Nurses/ Allied Health programme Communication in Action (Role Play) <i>Professor R Mudiyanse</i> <i>Dr S Krishnapradeep</i> <i>Dr Amali Dalpatadu</i> <i>Dr Kanthi Hettigoda</i> <i>Dr Aanjeli Wimalasiri</i> <i>Dr Sajith Edirisinghe</i> <i>Dr Ruvaiz Hanifa</i> <i>Dr Kapila Sooriyarachchi</i> <i>Dr Nihal Weerasuriya</i> <i>Dr Athulya Amarathunga</i> <i>Ms Achini Purnima</i> <i>Ms Ramya Ekanayake</i> <i>Ms Anuradha Rathnayaka</i>
10.30 – 11.00am	TEA BREAK		
Session 11: 11.00-12.30pm	Symposium 8 3D's of Geriatric Psychiatry Depression in Older Adults <i>Dr Kapila Ranasinghe</i> Dementia <i>Dr Anuprabha Wickramasinghe</i> Delirium Simple but Ccomplex <i>Dr Rashi Negi</i>	Symposium 9 Health Effects of Indigenous and Traditional Foods Health Effects of Coconut Oil <i>Professor Ranil Jayawardene</i> Sri Lankan Cereal Food Habit: A Double-edged Sword in Health <i>Professor Anoma Chandrasekara</i> Traditional Fermented Foods and their Health Benefits <i>Professor Terrence Madhujith</i>	Symposium 10 Nurses/ Allied Health programme Teamwork Working as a Team <i>Dr Upul Dissanayake</i> Ensuring Workplace Safety <i>Mrs R A D C Karunaratne</i> Balancing the Act <i>Dr Chathurie Suraweera</i>
12.30–1.30pm	LUNCH BREAK		
Session 12: 1.30–2.30pm	Hall A	Hall B	Hall C
	Free Paper session 1	Free Paper session 2	Free Paper session 3

Session 13: 2.30–4.00pm	Hall A	Hall B
	Symposium 11 Birth Defects: An Emerging Challenge Overview of Birth Defects <i>Dr Nathalie Roos</i> Genetic Testing in the Care and Prevention of Birth Defects' <i>Professor Vajira Dissanayke</i> Counting Birth Defects for Practice Change <i>Dr Kapila Jayaratne</i>	Symposium 12 Current Concepts in Spinal Cord Rehabilitation Basic Concepts of Spinal Cord Injury Rehabilitation <i>Dr Champika Gunawardena</i> Medical Issues and Modern Concepts in Spinal Cord Injury Rehabilitation <i>Dr Gerard Weber</i> Physiotherapy Interventions in SCI Rehabilitation <i>Mrs Samanthi Jayathilake</i> Occupational Therapy Interventions in SCI Rehabilitation <i>Dr Ajith Kithsiri</i>
4.00pm	TEA BREAK	

Day 4 Friday, 24 th September 2021		
8.0 –8.30 am	Registration	
Session 14: 8.30–10.00 am	Hall A	Hall B
	Symposium 13 Management of Surgical Emergencies Vascular Emergencies <i>Dr Rezni Cassim</i> Abdominal Pain in Children: Surgical? <i>Dr Malik Samarasinghe</i> Current Concepts in Management of Urological Emergencies <i>Professor Neville Perera</i>	Symposium 14 The Impact of Sexual Gender-based Violence (SGBV) on Maternal and Child Health Panel Discussion; <i>Ms Upala Devi</i> <i>Dr Harsha Atapattu</i> <i>Ms Niluka Gunawardena</i>
Session 15: 10.00 – 10.45am	Professor N. D. W. Lionel Memorial Oration Revitalizing the drug pipeline; Microbial secondary metabolites as an untapped molecular resource of new therapeutic agents" <i>Dr Pabasara Kalansuriya</i>	
10.45-11.15am	TEA BREAK	
	Hall A	Hall B
	Symposium 15 Essentials in Childhood: Food, Play and Safety Guiding Children to Eat Right: Why and How <i>Professor V P Wickramasinghe</i> Active Child <i>Dr Pavithra Godamunne</i> Are the Children Safe? <i>Dr Nayana Liyanarachchi</i>	Symposium 16 Adolescent Health Chronic Disease Management in Adolescent Health <i>Professor Susan Sawyer</i> Positive Mental Health in Pandemics for Adolescents <i>Dr Usman Hamdani</i> Bridging Gaps: Transition from Paediatric to Adult Health <i>Dr Surantha Perera</i>
Session 16: 11.15 –12.45pm		
12.45 –1.45pm	Closing Ceremony	

ANNEXURE 7: Foundation Sessions – Detailed Programme

Detailed Programme - SLMA Foundation Session 2021

Date: 31st October 2021

‘Live Streamed from the NDW Lionel Memorial Auditorium, SLMA’

Time	Topic	& Resource Persons
08.45 am	Join Sessions Online	
09.00 – 10.30 am	Symposium 1 – Endocrinology	
	Diabetes: The Dilemmas Thyroid Disorders: Challenging Scenarios Common Presentations of Paediatric Endocrine Disorders	<i>Dr Samanthi Cooray</i> – Consultant Endocrinologist, DGH Gampaha <i>Dr Dimuthu Muthukuda</i> - Consultant Endocrinologist, Sri Jayawardenapura General Hospital <i>Dr Navoda Attapathu</i> – Paediatric Endocrinologist, LRH Colombo <i>Moderated by Dr. Padma Gunaratne, President SLMA</i>
10.30 – 11.00 am	Morning Tea	
11.00 – 12.30 pm	Symposium 2 – Gastroenterology	
	Elderly Patient Presenting with Jaundice Female Presenting with Ascites and Decompensated Liver Disease Middle Aged Male Presenting with Bleeding PR	<i>Professor S Sivaganesh</i> - Consultant Surgeon, University Surgical Unit, NHSL <i>Dr Sanjeev Samaranyake</i> - Consultant GI Surgeon, GH Kalutara <i>Dr Hasitha Wijewantha</i> - Consultant Gastroenterologist, PGH Rathnapura <i>(All the Panelists will Contribute to the Three Cases)</i> <i>Moderated by Dr Nilesch Fernandopulle</i> - Consultant Gastroenterologist, University Surgical Unit, NHSL
12.30 – 01.30 pm	Lunch	
01.30 – 03.00 pm	Symposium 3 – Nephrology	
	A Patient with Anaemia and Renal Impairment Common Presentation, Uncommon Diagnosis: A case-based Discussion Unraveling the Mysteries of vesico-ureteric Reflux in Children: A case-based Discussion	<i>Professor Eranga Wijewickrama</i> - Honorary Consultant Nephrologist & Senior Lecturer, Department of Clinical Medicine, University of Colombo <i>Dr Mathu Selvaraja</i> - Consultant Nephrologist, National Hospital of Sri Lanka <i>Dr Vindya Gunasekara</i> - Consultant Paediatric Nephrologist, LRH Colombo <i>Moderated by Dr. BJC Perera, Consultant Paediatrician</i>
03.00 – 04.30 pm	Symposium 4 – Women’s Health	
	COVID - 19 & Female Health Care: Psychological Impact & Resilience - Perspectives of a Front-line Worker Addressing the Gender-related Aspects: Role of the Media Way forward in Addressing Gender-related Issues During COVID - 19 Pandemic	<i>Dr Aruni Hapangama</i> - Head/Senior Lecturer, Department of Psychiatry, Faculty of Medicine, University of Kelaniya <i>Mr Nalin Herath</i> - Special Grade Nursing Officer, National Hospital, Kandy <i>Dr Amanthi Bandusena</i> - Consultant Community Physician, Health promotion Bureau, Head, Policy, Advocacy and risk communication unit <i>Dr Neththanjali Mapitigama</i> - Consultant Community Physician, Women's health unit, Family Health Bureau <i>Moderated by Professor Sampatha Gunawardena, Consultant Community Physician/ Professor in Community Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura & Professor Anuruddhika Edirisinghe, Professor of Forensic Medicine, Department of Forensic Medicine, University of Kelaniya</i>
04.30 pm	Evening Tea	

■ ANNEXURE 8: Monthly Clinical Meetings

MONTHLY CLINICAL MEETINGS

● Tuesday 19th January 2021 IN COLLABORATION WITH THE SRI LANKA COLLEGE OF HAEMATOLOGISTS

Case Based Discussion

Dr Wasanthi Wickramasinghe, Senior Registrar-Clinical Haematology, Faculty of Medicine, Colombo
Dr Lallindra Gooneratne, Senior Lecturer and Honorary Consultant Haematologist, Faculty of Medicine, Colombo

Case 1 – Red cells in abundance

Case 2 – A dearth of thrombocytes

Case 3 – Killer clots in COVID-19

MCQ Quiz

Dr Indika Somaratne, Consultant Clinical Haematologist, DGH Hambantota

● Tuesday 23rd February 2021 IN COLLABORATION WITH THE SRI LANKA COLLEGE OF PAEDIATRICIANS

“Cystic Fibrosis: No longer a disease of west”

Case Presentation

Dr Srimali Wijesundara, Senior Registrar in Paediatric Pulmonology

Review Lecture

Epidemiology, Clinical Spectrum and Principals of Management of Cystic Fibrosis

Dr Channa de Silva, Consultant Paediatric Pulmonologist

MCQ

Dr Thilini Muthukumarana, Senior Registrar in Paediatric Pulmonology

● Tuesday 16th March 2021 IN COLLABORATION WITH THE COLLEGE OF ANAESTHESIOLOGISTS & INTENSIVISTS SRI LANKA

“Perioperative care pathways: Ensuring patient safety & improved outcomes”

Review Lecture

Dr Vihara Dassanayake, Senior Lecturer in Anaesthesiology & Honorary Consultant Anaesthetist, Department of Anaesthesiology & Critical Care, Faculty of Medicine, University of Colombo

A Case Based Discussion

Dr Harini Jagoda, Consultant Anaesthetist, District General Hospital, Embilipitiya
Dr Ravindri Gunaratne, Senior Registrar in Anaesthesiology, National Hospital of Sri Lanka

● Tuesday 20th April 2021 IN COLLABORATION WITH THE COLLEGE OF PULMONOLOGISTS OF SRI LANKA

“COVID PNEUMONIA AND PULMONARY SEQUELAE”

Case Presentation

Dr Lakmini Dassanayake, Senior Registrar Respiratory Medicine, Central Chest Clinic, Borella/NHSL

Post pulmonary sequelae of Covid

Dr Amitha Fernando, Consultant Respiratory Physician, Central Chest Clinic, Borella/NHSL

MCQ

Dr Aflah Sadikeen Sadikeen, Consultant Respiratory Physician, Central Chest Clinic, Borella/NHSL

Panel Discussion

Dr Amitha Fernando,
Dr Aflah Sadikeen Sadikeen,

● Tuesday 5th May 2021 IN COLLABORATION WITH THE Sri Lanka COLLEGE OF INTERNAL MEDICINE

“COVID-19: Hospital Management Essentials”

Evidence Based Therapeutics in COVID-19

Dr Harsha Sathischandra, Consultant Physician

Out-patient and Ward management of COVID-19

Dr Ananda Wijewickrema, Consultant Physician

Strategies for Oxygenation in Severe COVID-19

Dr Afla Sadikeen, Consultant Chest Physician

● Tuesday 20th July 2021 IN COLLABORATION WITH THE SRI LANKA COLLEGE OF DERMATOLOGISTS

“HIV & THE SKIN”

Dr Swarna Dissanayake
Consultant Dermatologist, National Hospital, Kandy

Dr Shashika Chandraratne, Senior Registrar in Dermatology, National Hospital, Kandy

MCQ Presentation

Dr Lalinda Karunaratne, Senior Registrar in Dermatology, National Hospital, Kandy
 Dr Chiranjaya Ekanayake, Registrar in Dermatology, National Hospital, Kandy

● **Wednesday 15th September 2021**
IN COLLABORATION WITH THE COLLEGE OF OPHTHALMOLOGISTS OF SRI LANKA

Case Presentation

Dr K. Niruththan
 Registrar, National Eye Hospital, Colombo

Review Lecture – related to the cases

Dr Hiranya Abeysekara
 Consultant Paediatric Ophthalmologist, Lady Ridgeway Children's Hospital, Colombo

MCQ & Picture Quiz

Dr Tavisha Udupihille

Consultant Paediatric Ophthalmologist, Sirimavo Bandaranayake Hospital for Children, Peradeniya
 Dr Chanika Gamage, Senior Registrar, National Eye Hospital, Colombo

Discussion

Dr Hiranya Abeysekara, Dr Chanika Gamage, Dr Tavisha Udupihille, Dr K. Niruththan

● **Tuesday 26th October 2021**
IN COLLABORATION WITH THE CEYLON COLLEGE OF PHYSICIANS
"A Reminder of a Disease in Oblivion"

Dr Chanurdi K Wickramathunge,
 University Medicine Unit, Colombo South Teaching Hospital, Kalubowila

Dr J. Philip Anpahan
 Senior Registrar in Medicine, University Medicine Unit, Colombo South Teaching Hospital, Kalubowila

Dr F. H. D. Shehan Silva
 Senior Lecturer In Medicine and Honorary Consultant Physician, University Medicine Unit, Colombo South Teaching Hospital, Kalubowila

● **Tuesday 16th November 2021**
IN COLLABORATION WITH THE SRI LANKA COLLEGE OF PSYCHIATRISTS

"Delirium – Review of a Neuropsychiatric Syndrome"

Dr A. Tashiq Fauz,
 Registrar in Psychiatry, Colombo South Teaching Hospital

Dr K A. S. D. Nanayakkara,
 Senior Registrar in Psychiatry, Colombo South Teaching Hospital

Dr K P. Manisha Dalpatadu
 Senior Lecturer in Psychiatry and Honorary Consultant Psychiatrist, University Psychiatry Unit, Colombo South Teaching Hospital

● **Thursday 2nd December 2021**
IN COLLABORATION WITH THE SRI LANKA COLLEGE OF EMERGENCY PHYSICIANS (SLCEP)
"Piecing Together the Puzzle"

Managing a Critically ill patient in Emergency Department Case based panel discussion focusing on Approach to a patient with Undifferentiated Shock

Dr Anusha Ambanwala, MD, Dip Disaster Medicine, Emergency Physician at Teaching Hospital, Rathnapura

Application of point of Care Ultrasound (PoCUS) in assessing a critically ill patient

Dr Madurangi Ariyasinghe, MD, MRCEM
 Emergency Physician at BH Panadura

How to determine appropriate disposition to ensure best patient outcome
 Dr Manohari Liyanage MD, MRCEM
 Emergency Physician at DGH Negombo

● **Tuesday 14th December 2021**
IN COLLABORATION WITH THE SRI LANKA COLLEGE OF CARDIOLOGY

Case Presentation**Challenging Diagnosis of ST Elevation Myocardial infarction**

Dr Sumith R. Kumara
 Senior Registrar in Cardiology, General Hospital, Kandy

MCQ Session (Cardiology)

Dr Aruna Wijesinghe
 Consultant Cardiologist, Base Hospital, Panadura

■ ANNEXURE 9: Regional Meetings

REGIONAL CLINICAL MEETINGS

Virtual Regional Clinical Meeting In Collaboration with Chilaw Clinical Society

18th February 2021

https://us02web.zoom.us/join/9tZucOysqD4rHtbVfyMSLL58pdhdV10bP_B8

Welcome Address

Dr Padma Gunaratne, President, SLMA

Session 1

Bleeding per rectum- a clinical approach

Dr Kesara Ratnatunga, Consultant Surgeon, Teaching Hospital Karapitiya

Management of acute stroke

Dr Padma Gunaratne, Consultant Neurologist & President, SLMA

Multimorbidity in older adults

Dr Shehan Silva, Senior Lecturer in Medicine & Assistant Secretary, SLMA

Session 2

COVID-19 and Diabetes

Dr Chandrika Subasinghe, Consultant Endocrinologist, DGH - Chilaw

COVID -19 Mental Health

Dr Arjuna Ellepola, Consultant Psychiatrist, DGH - Chilaw

How to approach change in voice

Dr Rizny Sakka, Consultant ENT Surgeon, DGH - Chilaw

Doctor, there is blood in my urine!

Dr K. Vickneshwaran, Consultant Urologist, DGH – Chilaw

Deliberations

Dr Sanath Fernando, President, Chilaw Clinical Society

Virtual Regional Clinical Meeting In Collaboration with Uva Clinical Society

28th July 2021

<https://bit.ly/36wPCZi>

Welcome Address

Dr Padma Gunaratne, President, SLMA

Session 1

Prescribing Psychotropics in the clinical setting: an update for non-psychiatrists

Dr Chathurie Suraweera, Senior Lecturer in Psychiatry, Faculty of Medicine, University of Colombo

Oral Contraceptives in Perimenopause

Dr Dilruk Senadheera, Resident Obstetrician and Gynaecologist, De Soyza Maternity Hospital

Antimicrobial Resistance: Pearls for Clinicians

Dr Shehan Silva, Senior Lecturer in Medicine, Faculty of Medical Sciences, University of Sri Jayawardenepura

Session 2

Mass Casualty Management: Are we ready?

Dr Rasanga Gunawardana, Consultant Orthopaedic Surgeon

Haematuria: How do we evaluate?

Dr Anuradha Wijewardana, Consultant Urologist

Oral Cancer: Can we take it easy?

Dr Buddhika Dassanayaka, Consultant OMF Surgeon

Vote of Thanks

Dr Udana Ratnapala, Secretary – Uva Clinical Society

Virtual Regional Clinical Meeting In Collaboration with The Faculty of Medical Sciences, University of Sri Jayawardenepura

10th November 2021

<https://bit.ly/3BzUK2K>

Registration

Welcome

Dr Padma Gunaratne, President SLMA

Professor Aloka Pathirana, Dean, Faculty of Medical Sciences, USJ

Session 1

Macrolides in children: judicious use

Dr Shyamini Adhikaram, Specialist Paediatrician and Senior Lecturer in Pharmacology, USJ

Management of Hypertension: an update

Professor Nirmala Wijekoon, Specialist Physician and Professor in Pharmacology, USJ

Physician, the finest flower of civilization

Dr Shehan Silva, Specialist Physician and Senior Lecturer in Medicine, USJ

Session 2

World's first malaria vaccine

Professor Hasini Banneheke, Specialist Medical Parasitologist, Faculty of Medical Sciences- USJ

Human Anatomy and nanoplastics: is our future generations under threat?

Dr Sajith Edirisinghe, Lecturer in Anatomy, USJ

Evolving trends in the management of breast surgery

Dr Kanchana Wijesinghe, Specialist Surgeon and Senior Lecturer in Surgery, USJ

ANNEXURE 10: Expert Committee Members

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